

Kent 50 Plus Bulletin

PROGRAMS, ACTIVITIES, AND SERVICES FOR 50+ Spring/Summer 2017



Thank you to Stafford Suites for sponsoring the color covers for the Senior Activity Center brochures.

PAGE 3 - 5

SPECIAL EVENTS

PAGE 6

WEEKLY ONGOING EVENTS

PAGE 7 - 9

SPECIAL INTEREST/ONGOING PROGRAMS INCLUDES ARTS/HOBBIES/CULTURAL ACTIVITIES CARDS & GAMES MUSIC & DANCE

PAGE 10 - 13

HEALTH & SERVICE PROGRAMS INCLUDES FREE DROP-IN PROGRAMS AND SUPPORT GROUPS

PAGE 14

HEALTHY LIVING CLASSES

PAGE 15 - 17

LIFELONG LEARNING

PAGE 18 - 19

COMPUTER LEARNING

PAGE 20 - 24

TRIPS

PAGE 25

ADVENTURE DAY TRIPS

PAGE 26 - 29

OUTDOOR RECREATION INCLUDES GOLF, FISHING, AND HIKING

PAGE 29 - 30

VOLUNTEERS

PAGE 30

COMMUNITY RESOURCES

PAGE 31 - 35

LUNCH MENUS

Kent Senior Activity Center | 600 East Smith Street, Kent | 253-856-5150 | Kent50Plus.com



Information

The **Kent Senior Activity Center** is a 22,000 square foot facility open to men and women, age 50 plus living in the Kent area. Individuals and groups take part in programs, activities, and services which enhance their dignity, support their independence, and encourage their involvement in the Community.

The Center does not provide services that would normally be provided by a trained attendant, nurse, or personal caregiver (e.g. incontinence, inability to use the restroom facilities by one's self, or preventing participant from leaving the grounds of the Center).

The provision of any personal care by staff for a participant is beyond our capability and cannot be expected. *This brochure is for informational purposes only and is subject to change without prior notification.*

Registration Policies

Registration for trips, classes and activities is open as soon as the bulletin is available to the public; generally the week before the first month of the bulletin cycle. Please check by phone to see if it is in. The bulletin is also available on the web site **www.Kent50Plus.com**. Most events require payment at registration. Phone and online reservations with credit card only, please. On line registration is via WebReg (webreg.kentwa.gov). It is the participant's responsibility to sign up at the front desk for a ride to and from the Center for trips.

Refunds as a *credit available in your account* will be given for the following reasons and will include a cancellation fee (*see next column): Please call to request a refund in lieu of credit. Credits of \$25.00 left on an account for over 12 months will be transferred to the Parks Department. Credits over \$25.00 will be mailed to the customer's last known address.

1. Cancellation is made one week prior to event.
2. If made less than 1 week prior, you will receive a refund only if we are able to find a replacement from the waiting list or (if there is no waitlist) you are able to find a replacement on your own. Waiting list receives first priority. Without a replacement, there will be no refund. **However, you must cancel your trip or class at the front desk. Per the State Auditor, you may not trade cash with another participant who is taking your place. The replacement participant must sign up and pay at the front desk.**
3. Sudden illness.

600 E. Smith St., Kent, WA 98030

253-856-5150

Webreg.kentwa.gov

A technology fee of \$1.00 will be applied to each transaction \$10.00 and over to support systems that provide convenience and efficient service delivery. This fee will not be applied to the Senior Center lunch program.

***There is a minimum \$5.00 cancellation fee for all cancellations by participants no matter the reason. Additional cancellation fees may be based upon the cost, type of activity, and when the activity is cancelled. Remember, last-minute cancellations jeopardize trips/classes because of low attendance.**

All efforts will be made to accommodate everyone desiring to participate in a trip or class. If your trip or class is full, please put your name on the waiting list to assist the staff in determining whether there is sufficient interest to warrant an additional trip or class. The Kent Senior Activity Center reserves the right to cancel or alter an itinerary due to weather conditions or circumstances beyond our control. For trips which leave the Center before regular opening hours, the Center will open ½ hour prior to trip departure. For trips that leave after Center has opened, please do not check in until ½ hour or less before trip departure. This will help alleviate confusion at the front desk. All trips depart on time. Drivers will not wait for latecomers.

Note: There will be a \$20.00 charge for NSF checks.

HOURS

Monday – 8:30 am – 4:30 pm

Tuesday – 8:30 am – 9:30 pm

Wednesday – 8:30 am – 9:00 pm

Thursday – 8:30 am – 4:30 pm

Friday – 8:30 am – 4:30 pm

Saturday & Sunday - Closed (except for special events)

STAFF

Lea Bishop Recreation Facility Manager

John Fiskum Program Coordinator

Helena Reynolds Program Coordinator

Cindy Robinson Program Coordinator

Tony Donati Program Assistant

Mick Spang Transportation Specialist

Mary Drolette Evening Assistant

Bill Lindow, Barbara Lindow Building Attendants

Every effort is made for accuracy in the bulletin- however; the City of Kent and the Senior Activity Center cannot be held responsible for typographical errors or changes beyond our control.

Special Events

THE SENIOR ACTIVITY CENTER WILL BE CLOSED THE FOLLOWING DATES:

Monday, May 29 – Memorial Day

Thursday, June 29 – Closed at 11:00 am for Music & Art Showcase set up

Tuesday, July 4 – Independence Day Holiday

August 28 – September 1 – Maintenance

Monday, September 4 – Labor Day

Cover – Hiking at Ebey Landing

No fees for Special Events unless specified.

NEWCOMER'S SOCIAL & VOLUNTEER ORIENTATION

WEDNESDAYS, APRIL 5, JUNE 7, 10:00 AM

Whether or not you receive a personal invitation, you are welcome to our quarterly Newcomer's Social to meet staff and other new attendees, see a brief video, learn about programs, activities and services available, take a brief tour and discover how volunteering can enhance your life. At 11:00 am, potential volunteers are invited to discuss options and procedures involved with our Volunteer program on-site and around the community. Call Helena at 253-856-5164 for more information.

KIWANIS CLUB OF KENT

ANNUAL EASTER BREAKFAST

SATURDAY, APRIL 15, 9:00 AM (DOORS OPEN AT 8:45 AM)

Please join the Kiwanis Club for great food, fun, and fellowship as they thank you for helping to make Kent a great community in which to live. Tickets available at the Senior Center for seniors only.

Free for seniors (200 tickets available)

HAMILTON, AN AMERICAN MUSICAL – DISCUSSION

3rd Tuesdays beginning April 18, 10:00 – 11:15 am
See Page 16 for details of this ongoing discussion.

VOLUNTEER APPRECIATION EVENT

FRIDAY, APRIL 28, 1:31 PM

Volunteers see page 29 for details of this exclusive event for all registered volunteers recording hours on a regular basis.

www.kent50Plus.com

253-856-5150

KNOT QUITE WRITE PLAYERS SPRING PRODUCTIONS

MONDAYS, MAY 8 AND 15, 1:15 PM

Pick up a flyer with details of the Knot Quite Write Players productions entitled *Millie in the Middle*, *Elevator Misadventure*, *Bank Withdrawal Symptoms*, and *Now Hear This*. Tickets are available the day of the event beginning at 12:30 pm. Doors open at 1:00 pm.
\$1.00

PEARLS SUPPORT PROGRAM

THURSDAY, MAY 11, 10:30 AM

Please join Daniel from Aging and Disability Services with the City of Seattle as he discusses the free King County Human Services and Veterans Levy funded PEARLS program for those that served in the military, their spouses, or spouse survivors. Daniel will discuss PEARLS and how it may help people that may feel down or could use some extra support figuring out what to do about some of the problems in their life. The PEARLS program is open to anyone in King County so join us if you are interested.

KENT FIREFIGHTERS FOUNDATION

VETERANS LUNCHEON

FRIDAY, MAY 19, 11:45 AM

Military veterans are being honored at our spring seasonal luncheon. Two complimentary tickets are available on Thursday, April 20 from 8:30 am to 4:00 pm for Veterans showing their DD214. Tickets available for non-veterans (limit 2) for \$2.00 each beginning Friday, April 21. Special thanks to the Kent Firefighters Foundation volunteers for setting up, serving and cleaning up for this special event.

62635 Fr 5/19 11:45 am

\$2.00 all ages if space available

Limit 2 per person

KENT LIONS SPRING BARBECUE

SATURDAY, MAY 20, NOON – 2:00 PM

Join the Kent Lions Club as they prepare their annual



complimentary barbecue lunch for seniors. Enjoy burgers, hot dogs, baked beans and all the "fixings." No tickets needed.

Special Events

"MUSIC AND ART SHOWCASE" FEATURING ROCK 'N ROLL REVUE BY WALLY AND THE BEAVES THURSDAY, JUNE 29, 4:30 –8:00 PM

Kent 50 Plus and The Kent Arts Commission present the 10th Annual MUSIC & ART Showcase (previously known as the Jazz & Art Showcase) on Thursday evening, June 29 from 4:30 pm to 8:00 pm. Featured are jazz pianist **Richard Dean** and a two part Rock 'n Roll Revue by local sensations **Wally and the Beaves** returning to open and headline the evening. The Kent Valley Artists will present an art exhibition and demonstration and free desserts will be provided by Stafford Suites. Mitzel's American Kitchen will offer three \$5.00 discounted dinner options including 1) Burger and coleslaw or 2) Pulled pork sandwich and coleslaw or 3) Cranberry Turkey Salad. Each \$5.00 meal includes bottled water. Other menu items are also available. See Back Page or pick up a flyer or postcard for the full menu and event schedule.

DELI BINGO C-12s FUNDRAISER* TALBOT CENTER "ROCK 'N ROLL" SING-ALONG WITH ANDY BURNETT

WEDNESDAY, JULY 12, 11:30 AM – 1:00 PM
Join Rock 'n Roll musician Andy Burnett in a rousing sing-along of your favorite rock songs. Between songs we'll play 4 bingo games. Guests will be given the opportunity to make an investment into the Kent Parks Deli and Cafe program. \$5.00 lunch tickets may be bought and stamped on Wednesday, July 12 (beginning at 10:30 am) in order for guests to receive bingo cards. Seating order is by ticket numbers beginning at 11:30 am. *C-12s refers to our Kent Parks Deli & Café fundraiser opportunities, 12 months of the year. Additional contributions are gratefully accepted. Tax-deductible receipts available upon request. Ask for a flyer with more details.

SMOOTH TONES A CAPPELLA SUMMER CONCERT FRIDAY, JULY 28, 1:00 - 1:40 PM

After lunch, come to Room 6 and enjoy the a cappella sounds of our own *Smooth Tones* singing in 4-part harmony (without accompaniment). Event is free but registration is highly suggested. Priority seating for pre-registered guests.

62644 Fr 7/28 1:00 – 1:40 pm

DOG DAYS OF SUMMER AT KENT SENIOR ACTIVITY CENTER SATURDAY, AUGUST 5, 10:00 AM – 2:00 PM



The Dog Days of Summer is returning again this year! Leash up your favorite, furry and friendly pup then join us as we celebrate you and your pets! Piper & Abbey Photography will be on hand

taking complimentary pictures and documenting the day. This event will feature Frisbee demonstrations from Border Collie International, as well as the return of the Seattle FlyDogs and the Kent Police Department K9 Unit. Don't forget to dress up your pooch for a chance to win prizes by entering them into the Doggie Fashion show!

Donations of new and unused dog supplies will be accepted as well as the opportunity to license your pet through the Regional Animal Services of King County. Due to generous co-sponsors, this event is free and open to pet lovers of all ages! Kent Station will be holding a pet adoption event the same day.

STAFFORD SUITES DESSERT DELI & CAFE FUND-RAISER WITH SILVERSOUNDS NW ROCK 'N ROLL CHOIR CONCERT THURSDAY, AUGUST 24, 6:15 TO 8:00 PM



"SilverSounds NW is a 50+ plus member Rock 'n Roll choir who are all aged 50+ singing songs from the 50's to '70s. This year's theme is American Jukebox and their song list includes "Sweet Caroline," Old Time Rock & Roll," and" I Got You Babe."

62671 Th 8/24 6:15 – 8:00 pm
Tickets may be exchanged for any size donation beginning Thursday, August 3.

FD CARES WELLNESS FAIR & FUNDRAISER THURSDAY SEPTEMBER 21, 8:30 AM TO NOON

The Annual Kent Fire Department Cares Wellness Fair will continue its annual tradition of offering free flu shots, free health screenings, free blood pressure monitoring, vendor booths and \$1.00 box lunches.

Special Events



Thursday, April 20th
4-6 p.m. Kent Senior Activity Center
 600 East Smith St.

Meet a new friend or companion at South King County Senior Centers' very first speed dating event for adults 70+. Speed dating is a fun, lively way to meet like-minded singles one-on-one and without commitment.

Whether you're seeking a companion or a soulmate, here's your chance to get to know a variety of interesting people in a series of five-minute chats.

Light refreshments will be served
 Space is limited.
 Must register by April 14th, Fee \$5



For more information and to sign-up call 253-856-5150

SPONSORED BY

Kent Senior Activity Center
 Renton Senior Activity Center
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C-12'S LUNCH FUNDRAISING CAMPAIGN WEEKDAYS, 8:30 AM TO 4:30 PM

The Kent Parks Deli & Cafe operates every weekday (11:45 am to 1:00 pm) at the Kent Senior Activity Center because of its excellent staff, dedicated corps of volunteers, generous contributions from local organizations and subsidies from the City of Kent. Tax-deductible contributions are gladly accepted any weekday 12 months of the year to help offset costs. Due to requests to make this investment opportunity known, the Kent Senior Activity Center launched a special C-12's fundraising campaign, which stands for Cafe-12 months of the year. Donations may be made by cash, check, MasterCard or VISA in person or over the phone by calling 253-856-5150. Donors who desire a tax-deductible receipt must request it when contributions are made.

TALBOT CENTER DELI LUNCH DRAWINGS WEEKDAYS, 11:45 – 1:00 PM

Talbot Center regularly provides complimentary lunch tickets for any Wednesday in the Kent Parks Deli & Cafe. Lunch guests may request a free coupon to enter their names in the drawing when they purchase lunch tickets every day of the week. Drawings are held for 2 winners every Wednesday at 12:30 pm and for a single winner after the end of every month.

\$6.00 for lunch ticket, except for Wednesdays (\$5.00)

KING COUNTY REPAIR EVENT

SATURDAY, AUGUST 26, 10:00 AM – 1:00 PM
AT THE KENT LIBRARY

Bring your items to be repaired for free to the Kent Library. A group of talented volunteers help you to reuse an item instead of recycling it or throwing it away.

Weekly Ongoing Events

STAFFORD SUITES KOFFEE KLATCH

MONDAYS, 11:00 AM - NOON

Special thanks to our multiple co-sponsors for providing door prizes, free coffee and complimentary entertainment every Monday morning. Other gifts must be brand new in their original packaging to be included in this weekly drawing and contributors are asked to bring them to the front desk. Entertainers include:

- **Mark Stern** (vocals & guitar) **April 3, May 1, June 5**
- **Andy Burnett** (guitar & vocals) **April 10, May 8, June 12, July 10, August 14**
- **Joe Mundo** (piano classics) **April 17, May 15, June 19, July 17, August 21**
- **Norm Bellas** (jazz pianist) **July 3**
- **Beth Wulff** (piano favorites and standards) **April 24, May 22, June 26, July 24**
- **Wendy Cheung** (classical pianist) **July 31**
- **John Ansotigue** (boogie woogie pianist) **August 7**

*No Koffee Klatch on Mondays, May 29 or August 28
(Center closed for the holiday and maintenance)*

CONCERTO HEALTH CARE JUICE 'N JAZZ

**1ST TUESDAYS, APRIL 4, MAY 2, JUNE 6,
AUGUST 1, 12:30 – 1:15 PM**

Enjoy free healthy juice samples, a Richard Dean mini jazz piano concert and a chance to win a door prize (including \$10 or \$25 gift card for a local grocery store).

KENT BALLROOM & BEYOND DAYTIME DANCES

TUESDAYS, 1:15 – 2:15 PM

Complimentary ballroom dances are held every Tuesday from 1:15 to 2:15 pm. Other music includes rock 'n roll, country, swing, two step and line dance as well as many others. The musicians are scheduled as follows:

- **Richard Dean** (vocals & piano) **April 4, May 2, June 6, August 1**
- **Randy Litch** (guitar, vocals, variety) **April 11, 25, May 9, 23, June 13, 27, July 11, 25, August 8, 22**
- **Andy Burnett** (vocal, guitar, rock 'n roll) **April 18, May 16, 30 June 20, July 18, August 15**

No dances July 4 or August 29 (Center closed for the holiday and maintenance.)

KENT EVENING BALLROOM &

SWING DANCES OPEN TO ALL AGES

**TUESDAYS, DOORS OPEN AT 7:30 – 9:15 PM
(1ST TUESDAYS, 7:45 – 9:30 PM)**

Ballroom and Swing Dances feature live music every Tuesday night. No advanced reservations are required and the fee is only \$4.00 for all age dancers and listeners. Special thanks to Farrington Court, Judson Park, The Lakeshore, Radcliffe Place, Stafford Suites, and The Weatherly Inn for providing refreshments which are served for a nominal donation throughout the evening (while supplies last) until 8:45 pm. For a brochure of dance band details and schedule, call Helena at 253-856-5164.

- **Kings of Swing** (17 piece big band) **April 4, May 2, June 6, August 1**
- **Randy Litch** (vocals & guitar) **April 11, 25, May 9, 23, June 13, 27, July 11, 25, August 8, 22**
- **Andy Burnett** (guitar & vocals) **April 18, May 16, 30, June 20, July 18, August 15**

\$4.00 at the door, listening & dancing

No dances July 4 or August 29 (Center closed for the holiday and maintenance.)

EXPANDED KARAOKE SESSIONS

2ND FRIDAYS, 9:30 AM TO 1:30 PM

APRIL 14, MAY 12, JUNE 9, JULY 14, AUGUST 11

4TH TUESDAYS, 9:00 TO 11:45 AM,

APRIL 25, MAY 23, JUNE 27, JULY 25, AUGUST 22

Whether you sing solo, duet, with a group or just listen, you're welcome to this Karaoke session every 2nd Friday and 4th Tuesday. Special thanks to volunteers Dan Atwell and others for hosting and providing disks for these sessions. For more information, contact Helena at 253-856-5164.

CONCERTO HEALTHCARE DELI BINGO

**2ND WEDNESDAY, APRIL 12, MAY 10, JUNE 14,
JULY 12, AUGUST 9, 12:15 TO 1:00 PM**

Join Concerto Healthcare for 4 games of Deli Bingo every 2nd Wednesday. Prizes (gift cards) are valued from \$25 to \$100. Lunch is \$5.00 but bingo is free compliments of Concerto Healthcare. (Note: July 12 Deli Bingo Rock 'n Roll Fundraiser details on page 4.)

Special Interests/Ongoing Programs

Arts, Hobbies & Cultural Activities

ADULT COLORING CLUB

1ST & 3RD THURSDAYS, 10:00 – 11:30 AM

Coloring isn't just for kids. In fact, adult coloring is said to be able to lift the mood, reduce anxiety, and relieve stress. Health benefits also include exercising fine motor skills and training the brain to focus. If you are looking for a simple and fun way to have more color and creativity in your life, our Adult Coloring Club is the group for you. Come join us to relax and have fun. No art experience necessary! Bring your own coloring book or coloring pages, colored pencils, markers, or crayons. We'll have a few supplies on hand, including some detailed coloring pages. *Be sure and sign up for the Zentangle workshop on Friday, June 9. See Page 16 for details.*

ALLIANCE FOR RETIRED AMERICANS

2ND THURSDAY, 1:00 PM

The mission of the Alliance for Retired Americans is to ensure social and economic justice and full civil rights for all citizens so that they may enjoy lives of dignity, personal and family fulfillment and security. The South County chapter of this national organization deals with issues of interest to seniors. For more information, call 253-630-5280.

ART CLASSES

SEE PAGE 15 FOR DETAILS

BRING YOUR OWN CRAFT

WEDNESDAYS, 9:00 AM – NOON

Friends, new and old, come to work on dolls, quilts, crochet, scrapbooks, knitted items, and needlepoint. Most importantly, join us for conversation and socializing. All crafters welcome.

DRAMA - "KNOT QUITE WRITE PLAYERS"

READERS THEATER

MONDAYS – TIME VARIES

The Kent Senior Activity Center's Readers Theater troupe welcomes new members. For more info, please email hreynolds@kentWA.gov or call 253-856-5164.

FLY TYING

TUESDAYS, 9:30 AM – 12:00 PM

Bring your fly tying equipment and join this group of fly tiers. For more info call John at 253-856-5163.



GARDENING - O'BRIEN GARDEN CLUB

3RD FRIDAY, 11:00 AM

If you have an interest in gardening, new members are always welcome. Annual dues are \$20.00. For more information, contact Susan at 425-392-8151 or Pat at 253-854-4300.

KNITTING - HOOKS 'N NEEDLES R US

THURSDAYS, 1:00 PM – 2:00 PM

Bring your embroidery projects, knitting, or any needlework and join this group.

LGBT MULTIPURPOSE SUPPORT GROUP FOR SENIORS & FRIENDS

2ND MONDAY, 1:00 – 2:00 PM

We are here. A social/support group for the 50+ South King County LGBT community. Join experienced counselors in sharing challenges, solutions, stories, and laughter. Resource information and referrals available.



POETRY IS FUN! CLUB

1ST & 3RD FRIDAYS, 10:45 TO 11:45 AM

If you would like to listen, read, discuss and/or receive critique for a poem you've written or are writing, come to this group which meets every first and third Friday. Experienced and published poet Jim Teeters volunteers to facilitate this group and welcomes all who appreciate listening to or writing poetry. No experience required. For information call Helena at 253-856-5164.

Special Interests/Ongoing Programs

TATTERED PAGES BOOK CLUB

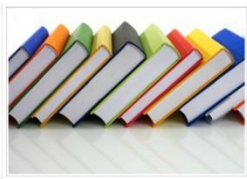
1ST WEDNESDAYS, 1:00 PM – 2:30 PM

Special thanks to Auburn Meadows for co-sponsoring our Book Club refreshments and special events. New members are always welcome whether you have read the monthly selection or not. On April 5, Auburn Meadows will host a movie and dessert session requiring advanced reservations. On August 2 readers are invited to a summer barbecue hosted at Auburn Meadows. Limited space is available on the Party Bus. Call Helena at 253-856-5164 for more information.

Scheduled book discussions are as follows:

April 5*	<i>Where the Heart Is</i>	Billie Letts, Fiction
May 3	<i>A Long Way Gone</i>	Ishmael Beah, Memoir
June 7	<i>The Secret Sharer</i>	Joseph Conrad, Fiction
July 5	<i>Martin Marten</i>	Brian Doyle, Fiction
Aug 2*	<i>The Coroner's Lunch</i>	Colin Cotterill, Fiction
Sept. 6	<i>Our Souls at Night</i>	Kent Haruf, Fiction

April 5 (1:00 pm) and August 2 (Noon) sessions at Auburn Meadows.



TATTERED PAGES BOOK CLUB

SPEEDY READIES SESSION

WEDNESDAYS, MAY 17, JULY 19

NOON, LUNCH AT STAFFORD SUITES

1:00 PM, DISCUSSION

Readers who enjoy reading additional books every other month in addition to a book a month are invited to attend our Speedy Readies session held at Stafford Suites on the 3rd Wednesday of every odd-numbered month. The 2017 selections are:

May 17	<i>A Tale for the Time Being</i>	Ruth Ozeki, Fiction
July 19	<i>Rocket Boys: a Memoir</i>	H. Hickman, Jr. Memoir

WOODCARVING

WEDNESDAYS, 9:30 – 11:30 AM

Work with others who share your interest in woodwork and practice the fundamentals of carving.

Cards & Games

BRIDGE

WEDNESDAYS, NOON

Our bridge games begin at Noon every Wednesday.

CANASTA

THURSDAYS, 10:00 AM

Contact Helena at 253-856-5164 if you are interested in playing canasta.

CHESS SEEKING PLAYERS

If you are interested in possibly forming a Chess Club that will meet during daytime hours, weekdays, please call Helena at 253-856-5164.

CRIBBAGE SEEKING PLAYERS

Thursday, 10:30 am, call Helena at 253-856-5164.

CROKINOLE SEEKING PLAYERS

Crokinole is a Canadian board game played by flicking checker discs toward a center hole ringed by pegs. It can be played on a carrom board. If you are interested in playing on Wednesdays at 10:30 am, call Helena at 253-856-5164.

HAND & FOOT

WEDNESDAYS & FRIDAYS, 12:30 PM

Come join this fun card group.

MAHJONG

MONDAYS, 11:30 AM

An informal group plays American Mahjong. All players and observers are welcome.

MEXICAN TRAIN DOMINOS

TUESDAYS & THURSDAYS, 1:30 – 4:00 PM

New members are welcome to learn and play this special version of Dominoes.

PICKLEBALL

MONDAYS & FRIDAYS, 9:00 – 11:00 AM

WEDNESDAYS, 12:00 – 2:00 PM

Drop in pickleball is played at the Kent Commons gym year round. **Daily drop in fee is \$2.00.** Quarterly passes are also available at Kent Commons.

Special Interests/Ongoing Programs

More Cards & Games

PING PONG

MONDAYS. 1:30 – 4:15 PM

WEDNESDAYS, 1:30 – 4:45 PM

Invite your friends to join us for our afternoon ping-pong sessions. Players of all levels are welcome and encouraged to participate. As a courtesy, players are asked to rotate doubles if participants are waiting to play.

PINOCHLE

TUESDAYS, 12:30 PM & WEDNESDAYS, 5:30 PM

Join our Tuesday afternoon and Wednesday evening pinochle groups.

SCRABBLE SEEKING PLAYERS –

If you are interested in finding Scrabble players who will meet during daytime hours, weekdays, please call Helena at 253-856-5164.

WHIST

FRIDAYS, 12:15 PM

It's the "Mother of All Bridge Games." Spend your Friday afternoons with our Whist group. Beginners welcome.

Wii SESSIONS

MONDAYS & FRIDAYS, 12:30 PM

While the scheduled time may be more accurately described as "after lunch until the building closes," our Wii bowling, golf and tennis sessions are fun for participants and spectators alike. Volunteers Dave C., Jim C., and Mike R. encourage and help all learn how to play these interactive games.

BLUEGRASS JAM!

SATURDAY, APRIL 15, NOON – 5 PM, \$5.00

Join your fellow bluegrass fans for an afternoon of great music. Bring your instrument or just come to listen.

HULA DANCING

2ND & 4TH THURSDAYS, 12:30 – 2:00 PM

Come Hula with us! Low impact aerobic movements to Hawaiian music. Learn the olelo, mele, and hula (language, song and dance) of the 50th state.

KARAOKE SESSIONS

2ND FRIDAYS, 9:30 AM TO 1:30 PM

4TH TUESDAYS, 9:00 AM – 11:45 AM

Singers and listeners welcome to enjoy these sessions. See Page 6 for details.

LINE DANCING

WEDNESDAYS, 1:45 – 2:45 PM INTERMEDIATE

3:00 – 4:00 PM BEGINNERS

Line dancing is facilitated by volunteer leaders. Come and enjoy this group activity.

RING 'N SWING SQUARE DANCE

THURSDAYS, 1:15 – 3:15 PM, \$3.00

Enjoy an afternoon of dancing with your friends led by Wayne Easton. No dances June 29 or in August.

ROCK 'N ROLL DANCE

3RD TUESDAYS, DAYTIME FREE, EVENING, \$4.00

See page 6 for schedule.

SWING DANCE

1ST TUESDAYS, 7:45 PM - 9:30 PM, \$4.00

See Page 6 for schedule.

UKULELE JAM SESSIONS WITH THE PINEAPPLE EXPRESS

1ST & 3RD THURSDAYS

JAM SESSIONS: 1:30 – 3:00 PM

No prior experience required in playing or singing. See Page 17 for information on free ukulele lessons.



Music & Dance

BALLROOM DANCES - DAYTIME

TUESDAYS 1:15 TO 2:15 PM

All ages welcome. See page 6 for schedule.

BALLROOM DANCES - EVENING

EVERY TUESDAY NIGHT, 7:30 TO 9:15 PM

All ages welcome. See page 6 for schedule.

www.kent50Plus.com

253-856-5150

Health & Service Programs

Pre-Registration and/or Fee Required

ACUPUNCTURE

MONDAYS, 10:00 AM – 1:30 PM

Acupuncture is an approach to health care that has been in continuous use in China for over 4,000 years.

Acupuncture works by encouraging self-healing. The patient's overall health is improved along with alleviation of specific symptoms. Sue Foss is our acupuncturist.

Call the front desk for an appointment – 253-856-5150.

\$40.00/treatment (for those 65+ or those 50 – 65 without acupuncture insurance coverage)



COUNSELING - INDIVIDUAL

MONDAYS BY APPOINTMENT

This counseling service provided by Valley Cities Counseling extends to individual, one-on-one, counseling sessions. The sessions are strictly confidential and last approximately one hour. An individual can book a limited number of appointments. These appointments are free of charge. A broad range of issues may be discussed in confidence during these sessions. Call Cindy at the Senior Center to make an appointment, 253-856-5150.

HAIRCUTS (CALL FOR SPECIFIC DATES AND TIMES)

Clients must wash their hair on the day of dry cut appointment. Stylist has the right to refuse service if hair is not shampooed.

With Judy, generally scheduled the 3rd Wednesday of the month.

With Susan, the generally the 2nd Monday of the month
By appointment, \$8.00



FITNESS CENTER

MONDAY – FRIDAY, 8:30 AM – 4:00 PM

EXTENDED HOURS – TUESDAY &

WEDNESDAY EVENINGS UNTIL 9:00 PM

Fully equipped with cardio and strength training equipment. Personal trainer available. Cost: \$25.00/hour/person. (Note: Personal trainer requires 24 hour notice for cancellation of appointment. If cancelled less than 24 hours prior to appointment, full fee will be charged.) Call John Dineen at 253-820-5623 for an appointment.

Fees:

Age 50+, \$1.50 per visit Age 18-49, \$3.00 per visit

Or purchase a pass:

- \$12.50/month
- \$30.00/3 months
- \$120.00/1 year

Or purchase a pass:

- \$20.00/month
- \$55.00/3 months
- \$210.00/1 year

HEALTH/FOOT CLINIC

TUESDAYS, BY APPOINTMENT

Karen Poppleton, licensed nail technician of Karen's Foot Care, provides our routine foot care services. After completing an assessment of your feet, she will soak your feet, trim the nails, and file and pad corns/calluses. Karen has added another foot care provider to make it easier for you to get an appointment on short notice and give you more flexibility with time options. Call 253-856-5159 to make an appointment.

Cost: \$27.00

HEALTHY SMILES – AFFORDABLE TEETH & DENTAL CLEANING

1ST FRIDAY, 4TH THURSDAY BY APPOINTMENT

Licensed and registered dental hygienist, Darcy Spencer-Wenger provides oral hygiene services for older adults. Care includes teeth cleaning, fluoride application, denture cleaning, dry mouth/low saliva care, gum pocket measurements, oral hygiene instruction, and referrals to dentists. The \$79.00 fee also includes a fluoride varnish. Call 206-650-3272 to schedule an appointment. Age 50+ qualifies.

Health & Service Programs

PRE-REGISTRATION AND/OR FEE REQUIRED

HEALTH INSURANCE COUNSELING 2ND MONDAY BY APPOINTMENT

SHIBA (Statewide Health Insurance Benefits Advisors) is available by appointment for health insurance counseling on Medicare, Managed Care, Medicaid, and Long Term Care. Call 253-856-5150 to schedule an appointment. Call the Help Line, 1-800-562-6900 for immediate assistance.

LEGAL CLINIC WEDNESDAYS, 6:00 – 9:00 PM

For appointment, call starting Wednesday between 9:00 am and Noon for the following Wednesday; there is a slight possibility of scheduling an appointments on Thursday or the following Monday or Tuesday, 9:00 am to Noon, 206-267-7070.

SENIOR LEGAL CLINIC 2ND & 4TH FRIDAYS, 1:00 – 3:00 PM

Legal assistance for seniors or persons dealing with senior issues. For appointment call 206-448-5720.

BASIC WILLS PROJECT 2ND & 4TH FRIDAYS

A program of Sound Generations and the King County Bar Association Neighborhood Legal Clinic through which qualified individuals can meet with an attorney for one hour to draft and execute a simple will. Appointments will be available on the second and fourth Fridays of the month. To learn if you qualify and to schedule an appointment, please call Sound Generations at 206-448-5720.

MASSAGE THERAPY
WEDNESDAYS & THURSDAYS, 9:30 – 11:30 AM
Claudia Walker offers massages from 9:30 to 11:30 am on Wednesdays and Thursdays. Massage therapy can increase flexibility and range of motion, reduce stress, promote relaxation, and reduce stiffness and soreness in muscles. To schedule an appointment, please stop by or call the front desk, 253-856-5150
60 minutes – \$37.00. (This time includes your preparation time.)

MEALS ON WHEELS

Call 253-856-5158

REFLEXOLOGY WITH KAY MORRIS-JOHNSON, MR WEDNESDAYS 12:30 – 4:00 PM

Kay Morris-Johnson, Master Reflexologist applies a specific touch to the reflexes or mini maps on the feet. This technique balances the autonomic nervous system to reduce stress, enhance circulation, and cleanse the body of toxins. Reflexology is known as a complimentary alternative medicine; we do not treat for specific illness, diagnose or prescribe.

\$37.00 for 45 minute sessions

By Appointment, call 253-856-5150

Gift Cards are available for treating a friend or family member.

Free Drop-In Programs

BLOOD PRESSURE MONITORING EVERY TUESDAY, 10:30 AM – NOON

Take advantage of this service to monitor your blood pressure. Weekly prize given to those with blood pressure closest to the posted blood pressure figures. Special thanks to retired RN's Pat, Barbara and Linda for their monthly contribution.

CHI GONG THURSDAYS, 9:30 AM

Breathing for health and wellness. Try out this great form of exercise similar to Tai Chi. Class uses a video.

LIONS BREAKFAST WILL RETURN IN THE FALL

Join the Kent Lions as they serve you a delicious complimentary breakfast of pancakes, eggs, ham, fruit, juice and coffee.

Free Drop-In Support Groups

ALZHEIMER SUPPORT GROUP 1ST WEDNESDAY, 6:30 PM

Join this group for educational discussions and support for those caring for family or friends with Alzheimer's disease. Good opportunity for learning more about the disease and sharing experiences with others.

Health & Service Programs

(Support Groups Continued)

LGBT MULTIPURPOSE SUPPORT GROUP FOR SENIORS & FRIENDS

2ND MONDAY, 1:00 – 2:00 PM

We are here. A social/support group for the 50+ South King County LGBT community. Join experienced counselors in sharing challenges, solutions, stories and laughter. Resource information and referrals available.

LIVING SINGLE

4TH MONDAY, 1:00 – 2:00 PM

This support group is designed for those who have suddenly found themselves single after 50. Experienced counselors will help attendees with the challenges they are facing.

SOCIAL SUPPORT GROUP

MONDAYS, 10:00 – 11:00 AM

Join us for this lively group-p where you can interact and bring your concerns.. All shared information is confidential. If you are in need of encouragement or are looking for a safe place to share your challenges, join us. This is a great place to meet new friends and share experiences.

VISUALLY IMPAIRED RESOURCES & SUPPORT GROUP

MONDAYS, APRIL 17, MAY 15, JUNE 19, JULY 17, AUGUST 21, 1:00 PM

Join Maida Pojtinger and Rose Evans for an informative session discussing resources for the visually impaired. Call Cindy for more information at 253-856-5162.

LIVING THROUGH LOSS –A GRIEF SUPPORT GROUP – WED., APRIL 12– MAY 31, JUNE 21 – AUGUST 9 10:00 – 11:30 AM

For eight weeks we will explore the many issues of grief and loss and look at ways to move forward beyond grief. Grief and loss includes many things besides the loss of a loved one. Learn ways to manage life's adverse events – changes in home, health, career, divorce. Don't grieve alone. Come share your stories. Attend weekly or just drop in.

Session 1) Introduction to Group members and an overview of Grief 101.

Session 2) The 5 stages of Grief. This includes Denial, Anger, Bargaining, Depression, and Acceptance.

Session 3) If I start crying will I be able to stop. Learn more about the healing quality of shedding your tears.

Session 4) Our Senses. Explore how our senses are affected and may even trigger us in our grief. Learn the many positive ways our senses hold memories.

Session 5) Holidays, Anniversaries, and Birthdays. How to take care of ourselves and manage these events.

Session 6) Helping Others Who May be Grieving. Learn the 10 Best and Worst Things to say to someone in grief or loss.

Session 7) Cultural and Spiritual Perspectives in Grief and Loss. Gain insight from various Cultural and Spiritual traditions, as well as sharing your own valuable experiences.

Session 8) Creating an Altar. Prepare for the Day of the Dead or create an altar any time. We will provide flowers, candles and an altar cloth. You bring photos, CD's, and other memorabilia and together we will create an altar to our grief and loss.

BE WELL WORKSHOPS

WEDNESDAYS, 1:00 PM – 2:30 PM

Please join us for these educational, fun, free and interactive sessions. Learn to "be all that you can be."

April – April brings a variety of opportunities for renewal and celebration, all of which add to physical and mental health. It is the month for spring cleaning and spring flowers, for Passover, Easter, Earth Day, and Arbor Day.

5th **Spring Renewal** – A lot is said about cleaning your home. This session explores holistic ways to cleanse your body, renew your emotional and spiritual health.

12th **Healthy Home** – Whether your home is 1 room or many rooms, these cleaning tips will decrease the bacteria, viruses and mold in your home, creating a healthier environment.

19th **Earth Day** – Learn easy ways you can show you care about the earth by sustaining a healthy environment.

26th **Arbor Day** - Take part in an Arbor Day activity and appreciate the contribution that trees make to our health. Appreciate the joy of digging in the dirt and taking home a new plant in honor of Arbor Day.

Health & Service Programs

(Be Well Workshops –Continued)

May

Mother's Day, Memorial Day and Older Americans Month are celebrated this month. These holidays focus on celebration and remembrance.

- 3rd **Positive Aspects of Aging** – While many aspects of aging are difficult, explore the reasons to celebrate and to enjoy getting older.
- 10th **"Mothers"** – Not everyone celebrates Mother's Day. Navigate the complexity of relationships with the "mothers" in your life.
- 17th **Living through Loss**– Loss is inevitable, grief is real, suffering is optional. Here is guidance on moving through the grieving process.
- 24th **Memories Keep People Alive** – Loved ones can remain with you through memories and through items that bring back memories. Participate in a discussion around keeping memories alive.
- 31st **Memorial Day** – This is traditionally a day to remember those who gave their lives for our country. Share stories, poems and photos to honor those who have served.

June

This is national Safety Month and these sessions focus on ways you can maintain your personal health and safety.

- 7th **Medication Safety** – This session includes information on safe use, storage, and disposal of medications, including a handy chart to track your medications and to share with your medical providers.
- 14th **Preventing Slips, Trips and Falls** – Complete a short personal risk assessment and take home ideas for preventing falls and minimizing the fall risks in your home.
- 21st **Walking and Driving** – The dangers around walking and driving increase with age. Explore simple things that will improve your safety while walking and straight talk about avoiding accidents when driving.
- 28th **First Aid** – Learn why a home First Aid kit is a must, what items belong in it, how to keep it current and handy to use.

July

Alzheimer's disease has become a national concern. Promoting a healthy brain and recognizing symptoms of dementia is the theme for this month.

- 5th **What is a Healthy Brain?** – Helpful information on characteristics of healthy brain function and warning signs that your brain may be having a problem.
- 12th **Dementia vs Alzheimer's** – Alzheimer's is not the only form of dementia. This is an introduction to the types of dementia and the similarities and differences between them.
- 19th **Dementia and Caregiving**- It is not always easy to ask for help, and also not easy to be the one providing help. Discover the joys, struggles and health risks of caregiving.
- 26th **Defending Against Dementia**- While there is no sure way to prevent dementia, explore activities, foods and lifestyle choices that promote brain health.

August

Good habits done bad: learn how so called "harmless" activities can turn into destructive habits and how to regain control in your life.

- 2nd **"It's A Collection"** – Understand the difference between collecting and hoarding and ways to break the cycle.
- 9th **"It's Only a Penny Slot Machine"** – Gambling has become a serious problem for many older adults. Identify the risks associated with any gambling.
- 16th **"It's only one Social Drink"** – Explore the special risks and concerns of alcohol use for older adults.
- 23rd **"No One Can Eat Just One"** – This has been a slogan to sell a snack food. Learn how eating habits and metabolism changes can be managed to maintain health.
- 30th **Center closed for maintenance**

Healthy Living Classes

PRE-REGISTRATION AND/OR FEE REQUIRED

AEROBICS

This class is designed specifically for seniors interested in a total fitness program. Goals are improved cardiovascular fitness, increased range of motion, improved circulation, muscular strength, and general endurance. Great self-esteem builder. Come meet new friends and join the fun. Requirements: exercise mat and support shoes.

Spring Registration Open Now

62534 M/W 4/3-26 10:00 – 11:00 am
\$40.00

62535 M/W 5/1-31 10:00 – 11:00 am
\$45.00 (no class 5/29)

62536 M/W 6/5-28 10:00 – 11:00 am
\$40.00

Summer Registration Opens June 1

62537 M/W 7/3-31 10:00 – 11:00 am
\$45.00

62538 M/W 8/2-23 10:00 – 11:00 am
\$35.00

STRETCH & STRENGTHENING

BEGINNING

This class will help you to improve your strength, flexibility and balance. Even if you haven't exercised in some time, you will fit into this class. Parts of the class can be done standing or lying on the floor, but seated options are also available. Mobility issues and other physical limitations can be accommodated. Please bring 1-3 pound hand weights.

Spring Registration Open Now

62548 Tu/Th 4/4-27 10:15 – 11:15 am
\$40.00

62549 Tu/Th 5/2-30 10:15 – 11:15 am
\$45.00

62539 Tu/Th 6/1-29 10:15 – 11:15 am
\$45.00

Summer Registration Opens June 1

62550 Tu/Th 7/6-27 10:15 – 11:15 am
\$35.00

62533 Tu/Th 8/1-24 10:15 – 11:15 am
\$40.00

STRETCH & STRENGTHENING

INTERMEDIATE

If you want to gain some overall body strength, become more flexible and improve your balance, then this is the class for you. This class is a bit more challenging than the beginning class. It is designed for people who have been doing some exercise, but want to join a class. Please bring these items to class: Floor mat, fitness ball (65 cm - you can find them at Target, K-Mart, Big 5 and other department stores), hand weights or variable ankle/wrist weights (1 or 5 lbs. to start according to your ability). You must be able to get up and down off the floor.

Spring Registration Open Now

62540 Tu/Th 4/4-27 9:00 am – 10:00 am
\$40.00

62541 Tu/Th 5/2-30 9:00 am – 10:00 am
\$45.00

62542 Tu/Th 6/1-29 9:00 am – 10:00 am
\$45.00

Summer Registration Opens June 1

62544 Tu/Th 7/6-27 9:00 am – 10:00 am
\$35.00

62543 Tu/Th 8/1-24 9:00 am - 10:00 am
\$40.00

YOGA

Yoga helps ease tension, increase strength and flexibility and improves overall health. No previous yoga experience needed, beginners welcome. Instructor Carolyn Rosenfield has over 20 years of teaching experience. Please bring a mat and 1 large towel.

Spring Registration Open Now

62547 Fr 4/14-5/19 9:45 – 10:45 am
\$47.00

62545 Fr 5/26-6/30 9:45 – 10:45 am
\$47.00

Summer Registration Opens June 1

62546 Fr 7/7-8/18 9:45 – 10:45 am
\$54.00



Lifelong Learning

PRE-REGISTRATION & FEE REQUIRED

MIXED MEDIA ART

Explore new and old ways of expressing yourself. Paint with acrylics, watercolors and oils or choose to work in pencil, charcoal, pastel, colored pencil, pen and ink. Beginning as well as advanced students are encouraged to play with the media of their choice using the subject matter of their choice. This class is more general in the amount of different media we cover, and more specific in the critique given by the instructor. If you are looking for more freedom and less structure in an art class, this is the one for you. Have fun exploring and enjoy yourself making new friends.

Spring Registration Open Now

62595 Tu 4/18-5/23 9:30 am – Noon
\$66.00

BEGINNING WATERCOLOR AND ACRYLIC

Have you always wanted to learn how to paint using watercolors, but were afraid to try? This is a structured but fun class where the instructor leads you step-by-step through the process of painting. Patricia Arnold who has been painting in watercolor for over 35 years demonstrates how to paint a different subject matter each class. You will watch her and then learn to master painting it for yourself. Pick up the basic materials list available in advance at the front desk and bring your supplies to class the first day. Watch out . . . this is addicting!

Spring Registration Open Now

62596 Tu 4/18-5/23 1:00 – 3:30 pm
\$82.00

YOUR LIFE. YOUR LEGACY.

PLAN TO MAKE IT RIGHT

WEDNESDAY, JUNE 7, 10:00 AM

Planning ahead for your funeral and cemetery arrangements is one of the greatest gifts you can give your family, for their peace of mind and yours. This workshop is designed to help you figure out what you need to be best prepared. All in a relaxed atmosphere and refreshments will be served. Presented by Connie Watts, Family Services Advisor with Dignity Memorial.

Anyone Can Paint the Pacific Northwest with Acrylics

Come and bring your friends for a fun experience that no one will fail at producing. Your friends will be amazed at your talent.

All materials are provided and each class is divided into two 2 hour sessions. There is a 1-hour break for lunch.

DRAGONFLY: THE OFFICIAL WASHINGTON STATE BUG

62598 We 4/5 10:00 am – 3:00 pm
\$45.00

RHODODENDRONS: THE OFFICIAL WASHINGTON STATE FLOWER

62597 We 4/19 10:00 am – 3:00 pm
\$45.00

MT. RAINIER

62599 We 5/10 10:00 am – 3:00 pm
\$45.00

WOLVES

62600 We 5/24 10:00 am – 3:00 pm
\$45.00

CONSIDERING SELLING YOUR HOME IN 2017?

DON'T MISS THIS FREE REAL ESTATE CLASS!

TUESDAYS, APRIL 11 & JUNE 13

10:00 AM – NOON

This real estate class provides you with the basics when it comes to selling your home! What safety steps do we recommend? How does the process work? How does the Internet come into play? What does a sample real estate contract look like? Class taught by 2 licensed brokers at Pilwallis Properties Real Estate with over 20 years experience each. Question and answer time included.

This workshop is a private rental and not sponsored by the City of Kent Senior Activity Center.

Lifelong Learning

EXPANDING YOUR MIND

A mind that is stretched by new experience can never go back to its old dimensions. Oliver Wendell Holmes

Join us for this series of exciting topics that are sure to increase your knowledge of the world around you. Each lecture/workshop will be 60 – 90 minutes long with an opportunity for Q & A.



It's Back!!

ZENTANGLE® THE ART OF CREATING BEAUTIFUL IMAGES

FRIDAY, JUNE 9, 10:00 AM – 11:30 AM

Tangling using the Zentangle® method of drawing - for increased creativity, focus, relaxation, inspiration, well-being, and fun. This beautiful art form is one that literally anyone can do. Whether you know you have talent or you think you don't, YOU CAN DO THIS! Primarily a black and white art form, based on repeating patterns, anyone can turn out a pocket sized work of art in minutes. Supplies will be provided for use in class. Starter kits to take home will be available for purchase at \$5.00 each.

The instructor, Sandra Workman, is self-professed as non-artistic. Previously only able to draw stick figures she found her artistic voice through the Zentangle® method and now teaches the method to teens through more seasoned individuals.

62672 Fr 6/9 10:00 – 11:30 am

No charge

New day
& time!

HAMILTON, AN AMERICAN MUSICAL DISCUSSION

**3RD TUESDAYS, APRIL 18, MAY 16, JUNE 20,
JULY 18, AUGUST 15, 10:00 AM -11:15 AM**

Everyone is invited to join this ongoing discussion about the music, poetry and drama of this Broadway musical hit. Although sessions have moved to a different day and time, conversations will continue to move progressively through the cast recording album of Hamilton's 46 show tunes while participants follow the lyrics and discuss relevant aspects. Pre-registration is highly suggested but not required. NOTE: Cast album contains some profanity. Pick up a flyer for call Helena for more information: 253-856-5164.

61391 Tu 10:00 – 11:15 am

No charge

LAUGHTER PARTY AND FINGER EXERCISES

TUESDAY, AUGUST 1, 10:30- 11:30 AM

Join us for a Laughter Party because laughter is the best medicine. We will also be learning some great hand and finger exercises to help relieve common aches and pains. This program will be led by a Laughter Yoga Instructor.

62673 Tu 8/1 10:30 – 11:30 am

No charge

Lifelong Learning

DROP-IN PARTICIPANTS WELCOME - FREE

HULA LESSONS

2ND & 4TH THURSDAYS, 12:30 – 2:30 PM

Come Hula with us! Low impact aerobic movements to Hawaiian music. Learn the olelo, mele, and hula (language, song and dance) of the 50th state taught by Caroline Hoapili, Mary Lu Verduin and Malia Gilbert.

LINE DANCE LESSONS

WEDNESDAYS 1:45 – 2:45 PM – INTERMEDIATE 3:00 – 4:00 PM -BEGINNERS

Come and enjoy these free group activities lead by volunteers Jean Krause, Denise Lovlein and Frieda Cox.

UKULELE LESSONS – BEGINNING

1ST & 3RD THURSDAYS, 1:00 – 1:30 PM

Mas Tamekuni teaches free ukulele lessons prior to our regular Hawaiian style singalongs. Students are welcome to stay to play and sing during the ensuing Pineapple Express jam sessions every 1st and 3rd Thursdays from 1:30 to 3:00 pm. No advanced registration is required. For more information, call Helena at 253-856-5164.

AARP'S DRIVER SAFETY PROGRAM

Brush up on your safe driving skills and enroll today in this certified class. Upon successful completion of this two-day course, many insurance companies reduce auto coverage rates. Registration forms at the Front Desk. For those 50 and older.

If you are a member of AARP (with your membership number) the fee is \$15.00. If you are not a member of AARP or do not have your membership number, the fee is \$20.00. **Payment must be made by check or money order only.** You must have your driver's license number and AARP membership number at the time of sign up to receive the discount. Each person registering requires their own personal AARP membership number. If you need assistance with your AARP member number or to join AARP, please call 1-888-OUR-AARP (1-888-687-2277).

Spring Registration Open Now

61320	Th,Fr	4/13-14	10:00 am – 3:00 pm
62552	Th,Fr	5/11-12	10:00 am – 3:00 pm
62553	Th,Fr	6/8-9	10:00 am – 3:00 pm
62554	Th,Fr	7/13-14	10:00 am – 3:00 pm

Summer Registration Opens June 1

62555	Th,Fr	8/10-11	10:00 am – 3:00 pm
62556	Th,Fr	9/14-15	10:00 am – 3:00 pm

\$15 or \$20 per session (checks payable to AARP)

facebook

KENT SENIOR ACTIVITY CENTER ON FACEBOOK

Do you have a Facebook account? Check out our Facebook page – Kent 50 Plus Adventures. We highlight trips, activities and outdoor recreation. Be sure and "like" us.

Trip, class and activities fees include a 9.5% sales tax as legally required by the State of Washington.



ATTENTION ACCESS RIDERS!

Please be sure and book your take home ride for at least 45 minutes prior to the Senior Center closing. (The Center closes at 4:30 pm on Mondays, Thursdays and Fridays and at 9:00 pm on Tuesdays and Wednesdays. Please also note any early closures the Center may have during the year.)

Computer Learning

Students are welcome to bring their own laptop or similar portable computing device to class in order to facilitate learning these skills on a device regularly used. The computer lab has been upgraded to all new Windows 10 equipment and there is an all new curriculum to match.

PRE-REGISTRATION & FEE REQUIRED

BASIC COMPUTER KEYBOARDING

Learn the basics by practicing with a personal instructor and a tutorial program. Includes 10-key.

Spring Registration Open Now

62557 Mo 4/3 – 17 9:00 am – Noon
62558 Mo 7/10-24 9:00 am - Noon

\$44.00 each session

COMPUTERS 1

From turning the computer on and off, to learning the difference between hardware and software and how to install each. We will focus on making the vocabulary of the PC (Personal Computer) understandable, and learning how to be comfortable interfacing with the computer through customization of everything about its look and feel. This class is designed for novices and for those who want to increase their familiarity with the OS (Operating System).

Spring Registration Open Now

62559 We 4/5 9:30 am - Noon
62574 Th 4/27 1:30 - 4:00 pm
62565 We 5/17 9:30 am – Noon
62580 Th 6/8 1:30 – 4:00 pm

Summer Registration Opens June 1

62583 We 7/5 9:30 am - Noon
62592 Th 8/3 1:30 - 4:00 pm

\$33.00 each session

COMPUTERS 2

In this class we will pick up where Computers 101 left off. However, if you feel comfortable using a computer but want to learn some tips and tricks, this class will help you become more familiar with features of the computer that make everyday tasks easier. Part of the

class time will also be dedicated to individual questions. Bring your specific questions and/or listen and learn as others have their queries answered.

Spring Registration Open Now

62560 We 4/12 9:30 am – Noon
62575 Th 5/4 1:30 – 4:00 pm
62566 We 5/24 9:30 am – Noon
62581 Th 6/15 1:30 – 4:00 pm

Summer Registration Opens June 1

62584 We 7/12 9:30 am - Noon
62593 Th 8/10 1:30 – 4:00 pm

\$33.00 each session

COMPUTERS 3

For users who are comfortable with daily computer use but want to know more about the technical aspects to keep their computer up to date and in shape. The focus will be on understanding Windows Task Manager, uninstalling software that you no longer use or need and making sure your computer security is up to date.

Spring Registration Open Now

62561 We 4/19 9:30 am – Noon
62576 Th 5/11 1:30 – 4:00 pm
62567 We 5/31 9:30 am - Noon
62582 Th 6/22 1:30 – 4:00 pm

Summer Registration Opens June 1

62585 We 7/19 9:30 am – Noon
62594 Th 8/17 1:30 – 4:00 pm

\$33.00

SMART DEVICES: SMART PHONES & TABLETS

Don't feel outsmarted by your smart device. Bring your phone or tablet to the computer lab and learn the gestures that will put you in control. Also learn about several applications (apps) that will help you get the best out of your device.

Spring Registration Open Now

62571 Th 4/6 1:30 – 4:00 pm
62563 We 5/3 9:30 am – Noon
62579 Th 6/1 1:30 - 4:00 pm

Summer Registration Opens June 1

62589 Th 7/6 1:30 – 4:00 pm
62586 We 8/2 9:30 am – Noon

\$33.00

Computer Learning

DIGITAL PHOTOGRAPHY

Bring your digital camera and cable and we will explain all of those buttons and symbols and how they can help you take better photos. Then we will break down how to upload them to the computer, quickly edit them, and publish them to the internet or email them to your family. A demonstration camera and sample photos will be available. Additionally, you may bring in old photos and learn how to scan them and convert them into digital photos.

Spring Registration Open Now

62572	Th	4/13	1:30 – 4:30 pm
62568	We	6/7	9:30 am – 12:30 pm

Summer Registration Opens June 1

62590	Th	7/13	1:30 – 4:30 pm
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\$38.00 each session

EVERYTHING EMAIL

All of your questions regarding email will be answered in this class, from creating an account and sending your email, to attaching photos and documents, all the way to using the instant messaging and video programs associated with the most popular online email programs.

Spring Registration Open Now

62564	We	5/10	9:30 am – Noon
62570	We	6/21	9:30 am - Noon

\$33.00 each session

SOCIAL NETWORKING

Get schooled in all the latest methods of social networking. Sign up for a Facebook account and follow your grandchildren on their Twitter feeds. Get up-to-date on how to electronically communicate. Check out the Senior Center's Facebook page – Kent 50 Plus Adventures.

Spring Registration Open Now

62573	Th	4/20	1:30 – 4:00 pm
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Summer Registration Opens June 1

62591	Th	7/20	1:30 – 4:00 pm
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\$33.00

OFFICE 2007 FOCUSING ON WORD

Office 2007 updated the look of all its components dramatically and the successive versions have followed its template with only minor variations. This course will introduce new users, as well as help those familiar with older versions of Office Suite to reacquaint themselves. The emphasis will be on Word; however, questions about any of the office programs will be answered.

Spring Registration Open Now

62577	Th	5/18	1:30 – 4:00 pm
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Summer Registration Opens June 1

62587	We	8/9	9:30 am - Noon
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\$33.00

OFFICE 2007 FOCUSING ON EXCEL

Office 2007 updated the look of all its components dramatically and the successive versions have followed its template with only minor variations. This course will introduce new users, as well as help those familiar with older versions of Office Suite to reacquaint themselves. The emphasis will be on Excel; however questions about any of the office programs will be answered.

Spring Registration Open Now

62578	Th	5/25	1:30 – 4:00 pm
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Summer Registration Opens June 1

62588	We	8/16	9:30 am - Noon
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\$33.00

INTERNET - UTILIZING DIGITAL RESOURCES

This class will be an overview of the preeminent web browsers and how to customize them for a maximum of safety and a minimum of advertisements. We will also provide instruction in efficient search engine use.

Spring Registration Open Now

62562	We	4/26	9:30 am – Noon
62569	We	6/14	9:30 am - Noon

\$33.00 each session



Trips

PLEASE BE AWARE THAT THE CITY OF KENT HAS A “NO-TOLERANCE” POLICY REGARDING DRINKING OR DRUGS AND DRIVING. IF YOU ARE DRIVING HOME FROM A SENIOR ACTIVITY CENTER TRIP, PLEASE BE RESPONSIBLE.

The Kent Senior Activity Center requires early sign up for overnight tours. For us to qualify as a group, registration is required at least 60 days before departure, and a minimum number of travelers are required. To assist with this, we have initiated a registration deadline.

Participation Policy – We reserve the right to determine the level of activity AND the eligibility of an individual’s ability to participate on each trip or one’s need for assistance. We also reserve the right to expel any person whose behavior is inappropriate or incompatible with the interests of the tour group.

Extra Cost Provision – As on any trip, inclement weather and other conditions beyond our control may prevent or delay departure of a scheduled airline, ship, train or motor coach. If, as a result of a delay, the participant must book an additional hotel night, meals, transportation, etc. all additional costs are solely the responsibility of the participant, not the City of Kent or any other supplier. Due to rising fuel costs, a fuel surcharge may be implemented by trip provider.

Most trips fill up, so sign up early. Once a trip fills a waitlist is maintained. A trip having a waitlist does not guarantee your spot can be filled if you cancel.

No pick-ups or take homes for trips leaving before 7:30 am or on overnight trips. For trips that depart and return in daylight hours, pick-ups and take-homes are only available for those unable to drive.

TRIP ACTIVITY LEVELS

Below are generic trip activity levels. See description of each individual trip for specific details.

EASY – Up to 2 blocks of walking on even terrain and a few stairs. Periodic rest stops and intermittent seating available throughout the day.

MILD – Between 2-4 blocks of even walking and short flight(s) of stairs. Resting areas vary. Standing approximately 30 minutes periodically over the day.

MODERATE – Up to 4 blocks of walking and some incline and/or steps involved. Resting areas available at end of tour. Standing approximately 1 hour periodically over the day. May not be appropriate for canes, walkers, or wheelchairs.

STRENUOUS – More than 4 blocks of walking with many stairs and uneven terrain. No resting areas available for long periods of time. More than 1 hour of standing. Not appropriate for canes, walkers, or wheelchairs.

Spring Registration Open Now

BRUNCH OUT @ THE KETTLE IN ENUMCLAW

Activity level: EASY –Wheelchairs & walkers okay.
Bring \$ for brunch



The Kettle in Enumclaw serves great breakfast and lunch items with large portions. Enjoy brunch at this old town

diner.

62633 We 4/5 9:00 am – 1:00 pm
\$22.00 + brunch

GARDENS, NURSERIES, AND LUNCH

Activity level: MILD – not suitable for wheelchairs,

It’s that time of year again when we are getting our gardens and yards ready for spring. What better way to get in the mood for this than to visit Windmill Gardens and Watson’s Nursery in Pierce County. You will come away with lots of good ideas, possibly some plants or great décor or gift items. We will also enjoy lunch at Charlie’s Restaurant in Puyallup where they are always serving up something good.

62612 Fr 4/7 9:00 am – 2:30 pm
\$45.00 includes lunch

Trips

Spring Registration Open Now

PRE-REGISTRATION & FEE REQUIRED

LUNCH AT POINT RUSTON

Activity level: MODERATE, suitable for wheelchairs & walkers, bring \$ for lunch

Join us as we visit a new waterfront destination in Tacoma, Point Ruston. You will have time to enjoy a no host lunch at a local restaurant. You have options from seafood to pizza. There are several new stores to visit as well. This trip date is subject to change with the Tulip trip, if tulips bloom early.

62613 We 4/12 10:30 am – 2:15 pm
\$22.00 + lunch

SOOS CREEK BOTANICAL GARDEN & LUNCH OUT

Activity level: EASY, not suitable for wheelchairs or walkers, bring \$ for lunch

The Soos Creek Botanical Garden is dedicated to promoting the enjoyment and understanding of plants and the natural world. You'll enjoy strolling through this mature garden with its fascinating local history. After the Garden enjoy a no host lunch out at the Olive Tree featuring scrumptious Mediterranean food.

62631 Fr 4/14 10:00 am – 2:00 pm
\$22.00 + lunch

SKAGIT VALLEY TULIPS

Activity level: MILD – no wheelchairs, bring \$ for lunch



Don't miss our annual tour to the Skagit Valley tulip fields. Bring your camera and take in the sights as we visit the fields and nurseries. You'll have time for

lunch out on your own on this trip. Dress for spring weather and wear appropriate shoes as you will be outside a great deal on this trip. This tour date may be adjusted to best accommodate the peak bloom season.

62632 We 4/19 8:00 am – 5:00 pm
\$35.00 + lunch

A PROPER PLACE @ VILLAGE THEATER

Activity level: EASY, wheelchairs & walkers okay

Downton Abbey meets Gilligan's Island in this hysterical new musical based on J.N. Barne's play *The Admirable Crichton*.

62636 Fr 4/21 6:45 – 11:00 pm
\$68.00

AFTERNOON TEA AT STEEPED IN COMFORT TEA ROOM

Activity level: MILD, not suitable for walkers

Join us at Steeped in Comfort Tea for an afternoon tea. This quaint tea room is located in Lakewood. The food and tea are crumptious and well worth the trip. Much of the food is made from scratch.

62614 We 4/26 10:15 am – 2:30 pm
\$55.00 + lunch

SEATTLE CHOCOLATE FACTORY TOUR

Activity level: MODERATE, not suitable for wheelchairs or walkers

The Experience Chocolate Tour is a delicious, likeable, shareable chocolate-centric elevated experience in the Seattle Chocolate Company's factory. Taste a variety of chocolate delicacies, explore a 9 ½ foot high hot pink raised walkway, take in the chocolate making machines and chocolate waterfall, while learning the history of chocolate. This tour includes standing and walking for close to an hour and includes stairs. A locker will be provided for your cell phone, camera and purse on the tour. This trip includes lunch at a local restaurant.

62615 We 5/3 9:00 am – 1:30 pm
\$60.00 includes lunch



Trips

Spring Registration Open Now

HULDA KLAGER LILAC GARDENS

Activity level: MILD, not suitable for wheelchairs or walkers, bring \$ for lunch

Each year thousands of visitors step back in time to discover the 1880's Victorian farm house and country gardens that comprise the Hulda Klager Lilac Gardens. In the spring the gardens host Lilac Days to celebrate the beauty of lilacs in bloom. Visitors from around the world stroll through the gardens, buy their favorite lilacs, visit Hulda's Victorian era home, and shop for special items in the gift shop. Enjoy a no host lunch at a local restaurant.

**62634 We 5/10 8:00 am – 5:30 pm
\$30.00 + lunch**

FARMERS MARKETS AROUND THE NORTHWEST

Activity level: MILD, not suitable for wheelchairs or walkers, bring \$ for lunch

The Pacific Northwest is a wonderful place full of great food, local arts, musicians and produce. We will explore a few of the local farmers markets to find great treasures. All market trips are available for registration today.

Olympia Farmer's Market

**62617 Fr 5/12 10:00 am – 2:30 pm
\$22.00 + lunch**

Kirkland Farmer's Market

**62622 We 7/12 1:15 – 5:00 pm
\$22.00 + lunch**

Bellingham's Fairhaven Farmer's Market

**62623 We 8/2 9:45 am – 5:30 pm
\$24.00 + lunch**

CHUCKANUT MANOR

Activity level: EASY, not suitable for wheelchairs

Enjoy a tasty lunch with a beautiful view. The Chuckanut Manor has wonderful food. After lunch we will enjoy a drive along the amazing Chuckanut Drive. A definite Northwest treat.

**62616 We 5/17 9:45 am – 5:00 pm
\$60.00 includes lunch**

YARN TRIP

Activity level: EASY, not suitable for wheelchairs or walkers

Join us as we visit a variety yarn shops to stock up your supply, find new patterns, and learn about exciting new products. Please bring a sack lunch so we can visit as many shops as possible.

**62674 Th 5/18 8:00 am – 5:00 pm
\$27.00**

PIZZA CLASS AT THE SEATTLE GRILLING SCHOOL

Activity level: EASY, not suitable for wheelchairs or walkers

Are you ready to try something new? We will be taking a private class at the Seattle BBQ and Grilling School. We will learn to make pizzas on the grill. Be ready to get your hands dirty as this class is hands on. You will make dough, sauce and design your own pizza. The best part is eating a variety of different pizzas. Bon Appetit!

**62618 We 5/31 10:30 am – 3:30 pm
\$94.00 includes lunch**

ART BY FIRE GLASS BLOWING & LUNCH AT ISSAQUAH BREWHOUSE

Activity level: MILD – Not suitable for wheelchairs or walkers, bring \$ for lunch

You'll have personal instruction and have an opportunity to make your own glass blown item at "Art by Fire". No host lunch at Issaquah Brewhouse featuring great pub fare and drafts from Rogue Brewery.

**62645 Fr 6/9 10:30 am – 3:30 pm
\$79.00**

MT. ST. HELENS

Activity level: EASY, not suitable for wheelchairs

In 1980 the landscape of southwestern Washington changed forever. The eruption of Mt. St. Helens destroyed many parts of our eco system but over 37 years later the area has had massive regrowth. Come see this beautiful area and enjoy the history and beauty of this terrain. A box lunch is included.

**62619 We 6/14 7:30 am – 5:30 pm
\$48.00 includes lunch**

Trips

Summer Registration Opens June 1 for the following trips

DREAM GIRLS @ VILLAGE THEATER

Activity level: EASY, wheelchairs & walkers okay

This powerhouse musical was a Tony and Grammy Award winning hit on Broadway that became a Golden Globe and Academy Award winning film sensation.

62637 Fr 6/16 6:45 – 11:00 pm
\$68.00

BRUNCH BINGO CRUISE

Activity level: MILD, not suitable for wheelchairs

Enjoy a wonderful brunch while on board one of Waterway Cruise lines boats. After brunch while we continue to cruise the area you will also enjoy bingo and great prizes.

62620 We 6/21 9:45 am – 2:00 pm
\$83.00 includes brunch

CHINESE TERRACOTTA WARRIORS EXHIBIT

Activity level: MODERATE, suitable for wheelchairs & walkers, bring \$ for lunch

Seattle is privileged to be only one of two cities that will be hosting these amazing artifacts from the First Imperial Dynasty of China. The exhibit is a collection of terracotta sculptures depicting the armies of Qin Shi Huang, the first Emperor of China. These sculptures were found by a local farmer in 1974. No host lunch at the Seattle Center House where there are a variety of restaurants from which to choose.

62621 Fr 6/23 8:45 am – 2:30 pm
\$56.00 + lunch

LUNCH AT THE CLIFFHOUSE

Activity level: MILD, not suitable for wheelchairs & walkers

Back by popular demand, we will be visiting the Cliff House Restaurant in northeast Tacoma and hoping for good weather and view. Enjoy a tasty lunch at this Pacific Northwest landmark that sits on a bluff overlooking Commencement Bay with panoramic views of Puget Sound and Tacoma's skyline. We will be ordering meals off a limited menu.

62624 Fr 7/7 10:30 am – 1:30 pm
\$59.00 includes lunch

LAVENDER FIELDS

Activity level: MODERATE, not suitable for wheelchairs or walkers

The fragrance of lavender fills the air this time of year around Sequim. We will visit a few lavender fields and have lunch at a local restaurant. You will have the opportunity to purchase lavender and other goods.

62625 We 7/19 8:00 am – 5:00 pm
\$50.00 includes lunch

OUTBACK KANGAROO FARM & JIMMY'S PIZZA & PASTA

Activity level: STRENUOUS, no wheelchairs or walkers

We'll head north to Arlington to explore the Outback Kangaroo Farm. On this tour you will see kangaroos, wallabies, wallaroos, lemurs, llamas, alpacas, and more. After the Outback, enjoy a pizza and pasta lunch at Jimmy's in Stanwood. Trip includes admission and lunch.



62638 Fr 7/21 8:00 – 4:00 pm
\$49.00 includes lunch & admission

MT. RAINIER

Activity level: MODERATE. not suitable for wheelchairs

We will enjoy this Northwest favorite, taking a drive up to Sunrise and seeing the beauty of the area. This trip includes a boxed lunch. Please bring your Golden Age Parks Pass if you have one.

62626 We 7/26 8:00 am – 5:00 pm
\$39.00 includes lunch

THE KING & I

Activity level: MODERATE, not suitable for wheelchairs and walkers

Join us for our annual trip to All Saint's Parish in Puyallup for a great dinner theater featuring this year's show, *The King & I*.

62627 Fr 7/28 5:00 - 10:30 pm
\$62.00 includes dinner

PETER PAN AT MANESTAGE

Activity level: MILD, suitable for wheelchairs & walkers, must be able to stand for at least 20 minutes

The ManeStage is a local theater group that performs at the Sumner Performing Arts Theater. This is their final show of the season. This stunning new musical brings the classic story of Neverland to life. This beloved tale features a spectacular, contemporary musical theater score that is sure to delight the audience. This theater features open seating and you will need to stand in line approximately 20 minutes waiting for the doors to open. There will be a dinner stop prior to the show.

62628 Fr 8/4 3:45 pm – 10:30 pm

\$80.00 includes dinner and show

SALMON BBQ

Activity level: EASY, no wheelchairs or walkers

It's back by popular demand! Indulge in a Pacific Northwest summer tradition- fresh grilled salmon smoked over alder. Your lunch includes a variety of fresh homemade salads and desserts, breads, and beverages.

62641 We 8/9 11:00 am – 2:00 pm

\$40.00 includes lunch

CRYSTAL MOUNTAIN GONDOLA & LUNCH AT SUMMIT HOUSE

Activity level: MODERATE, not suitable for wheelchairs and walkers

Crystal Mountain's gondola provides a comfortable, scenic ride to the highest restaurant in Washington. The Summit House sits perched at 6,872 feet above sea level. You'll take in amazing views of the Cascades on the ride and dine with a bird's eye view of Mt. Rainier. Trip includes transportation, gondola ride, lunch and gratuity.

62642 We 8/16 8:30 am- 3:00 pm

62643 Th 8/17 8:30 am - 3:00 pm

\$65.00 includes lunch (each trip)

DAY IN LA CONNER

Activity level: MODERATE, not suitable for wheelchairs or walkers, bring \$ for lunch

Join us as we visit the wonderful town of La Conner. You will find lots of quaint shops and restaurants and enjoy lunch on your own at one of the local restaurants. On our return trip we will stop at a local produce market.

62629 Fr 8/18 9:00 am – 4:00 pm

\$24.00 + lunch

www.kent50Plus.com

253-856-5150

DAY ON WHIDBEY ISLAND

Activity level: MODERATE, not suitable for wheelchairs or walkers

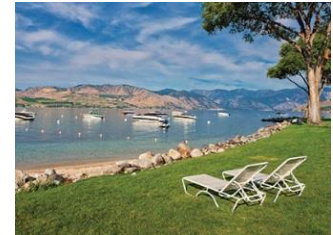
Join us for a day of exploring on beautiful Whidbey Island. We'll travel north and take in the stunning view of Deception Pass. We will make several stops including some time in charming Langley, then return via the Mukilteo Ferry. Box lunch included.

62630 We 8/23 8:00 am – 6:00 pm

\$43.00 includes box lunch

Extended / Overnight Travel

Pick up flyers for the following overnight trips:

**LAKE CHELAN
JUNE****HARRISON HOT SPRINGS
SEPTEMBER****VICTORIA, BC
DECEMBER 5 - 7**

Adventure Day Trips

Spring/Summer Registration Open Now

PRE-REGISTRATION & FEE REQUIRED

SPORTING CLAYS CLASS & SHOOTING

Activity level: MODERATE, no wheelchairs or walkers, wear outdoor clothing, hiking boots or shoes, bring \$ for lunch

Learn how to shoot sporting clays at Canyon River Ranch in the Yakima Canyon. A professional instructor will work with you based on your skill level. No prior shooting experience necessary! This class includes shot guns, shells, eye and ear protection plus professional instruction. After the class, we will have a no host lunch at the Canyon River Grill. If you are an experienced shooter and would like to join us and just shoot the course without instruction, you are also welcome. Please pick up an information sheet about this special outing.

**62646 Fr 5/5 7:30 am – 4:00 pm
\$125.00 + lunch**

ALKI LIGHTHOUSE SEA KAYAK TOUR

Activity level: STRENUOUS, not suitable for wheelchairs & walkers, bring \$ for lunch

After getting fitted for the right kayak and a brief tutorial, we'll head out and paddle from the Seacrest Boathouse to the Alki Lighthouse and back. Incredible views of the City and the Cascades and Olympic mountains. No prior paddling experience necessary. Lunch out after the paddle.

**62647 Fr 6/2 9:00 am – 3:00 pm
\$99.00 + lunch**

WENATCHEE RIVER WHITEWATER RAFTING

Activity level: STRENUOUS, not suitable for wheelchairs & walkers, this is a high adventure activity

Join us for an adventure on Washington's favorite Whitewater River. The Wenatchee is known for big waves and sunshine. We'll float the river in rafts with the pro guides of Blue Sky Outfitters. After the float enjoy a BBQ steak dinner before the return home. Please pick up a "Wenatchee River" trip info sheet.

**62648 Fr 6/9 8:00 am – 5:00 pm
\$99.00 includes lunch**

HORSEBACK RIDING AT SUNCADIA RESORT

Activity level: MODERATE, not suitable for wheelchairs & walkers, bring \$ for lunch



You'll be led by guides on gentle, trail wise horses on a classic trail ride. You'll explore the open forest and woodland trails of

Suncadia. 1 ½ hours in the saddle and approximately 5 miles. No prior riding experience necessary. Guided by "Three Peaks Outfitters". Please pick up an info sheet for this special trip. No host lunch out after the ride.

**62649 We 6/28 8:00 am – 4:00 pm
\$85.00 + lunch**

CLE ELUM RIVER SCENIC FLOAT & LUNCH

Activity level: STRENUOUS, not suitable for wheelchairs & walkers

Float the beautiful Cle Elum River. No big rapids but awesome scenery in this dramatic river corridor. Hosted by Rill Adventures, this trip includes a lunch on the float. Please pick up a flyer for details about how to dress and what to bring. *If Cle Elum River seasonal conditions are unfavorable, this trip will be moved to the Yakima River.

**62650 Fr 7/14 8:00 am – 5:00 pm
\$69.00 includes lunch**

50 PLUS CO-ED SOFTBALL

Join us for some recreational co-ed softball this spring and summer. We are currently forming our teams to compete in the Puget Sound Senior Co-ed league. Practices are held on Tuesdays and Thursdays from 9:30 to 11:30 am. In the month of March, practices are held at Wilson Playfields in Kent. In April they move to Service Club Ballfields. For more information, contact John at 253-856-5163 or jfiskum@kentwa.gov.



Outdoor Recreation

PRE-REGISTRATION & FEE REQUIRED

Golf



Each month from April through October, we will offer group golf outings. A copy of the season's schedule is available at the Senior Center. On each trip we'll

visit a different course and play 9 or 18 holes. After the round enjoy a no host lunch at the clubhouse or a nearby eatery. All trips require pre-registration and transportation payment. Green fees are payable at the course. Participants providing their own transportation will be charged a \$6.00 administration fee. Times and dates are subject to change based on unforeseen circumstances.

Spring Golf Registration Open Now

MEADOW PARK

A 27 hole course in Lakewood, we will golf 9 holes and then have lunch at Carr's Restaurant in Lakewood.

62601 Tu 4/18 8:30 am – 3:00 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

BROOKDALE

An 18 hole course in Parkland, we will golf 9 holes and eat lunch at The 21/21.

62602 Tu 5/2 8:15 am – 3:00 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

FORT LEWIS

A 27 hole course near DuPont, we will golf 9 holes and then eat lunch at the Nisqually Tavern.

62603 Tu 5/16 8:30 am – 2:30 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

LINDEN

A 9 hole private course in Puyallup, we will golf 9 holes and then eat at the Loose Wheel. Participants cannot wear jeans and must wear a collared shirt.

62604 Tu 5/30 Noon – 6:00 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

LAKE SPANAWAY

An 18 hole course in Spanaway, we will golf 9 holes and then eat in their clubhouse.

62605 We 6/13 7:45 am – 2:00 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

SUN COUNTRY

An 18 hole course in Cle Elum, we will golf 18 holes and eat lunch in their clubhouse.

62606 Tu 6/20 7:45 am – 5:00 pm
\$25.00 + green fees + lunch
\$6.00 own transportation

Summer Golf Registration Opens June 1

ALLENMORE

An 18 hole course in Tacoma, we will golf 9 holes and have lunch at The Spar in Tacoma.

62607 Tu 7/11 8:45 am – 3:00 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

TAHOMA VALLEY

An 18 hole course in Yelm, we will golf 18 holes and eat lunch at the restaurant at the course.

62608 Mo 7/24 8:00 am – 4:30 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

MADRONA

An 18 hole course in Gig Harbor, we will golf 9 holes and eat lunch in their clubhouse.

62609 Tu 8/8 8:45 am – 3:30 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

LIPOMA

A 27 hole course in Puyallup, we will golf 9 holes and then enjoy lunch at their restaurant.

62610 Tu 8/22 8:30 am – 2:30 pm
\$22.00 + green fees + lunch
\$6.00 own transportation

Outdoor Recreation

PRE-REGISTRATION & FEE REQUIRED

Fishing

We offer a variety of fishing tours from single day trips to overnight travel angling adventures. Please pick up a flyer for details. The Senior Activity Center has good quality loaner gear available. Please inquire at registration. Contact John Fiskum at 253-856-5163 for more information.

Fishing Registration Open Now

YAKIMA RIVER GUIDED FLOAT OR PONTOON TRIP

We'll fish with the guides of "Troutwater Fly Shop" Cle Elum. We'll float the river in drift boats or rafts and fly fish for wild rainbow and cutthroat trout. Everything is provided by your guide. See flyer for details.

62651 We 3/29 7:30 am – 7:00 pm
\$198.00, \$25.00 Pontoon DIY

ROCKY FORD CREEK

This public spring creek near Ephrata holds large rainbows. This is a catch and release fly fishing experience. Please request a "Rocky Ford" info sheet.

62652 We 4/19 5:30 am – 7:00 pm
\$25.00, \$6.00 own transportation

MINERAL LAKE TROUT

Mineral Lake near Morton is one of Western Washington's most productive trout lakes. All methods of angling are legal here and a limit of trout can be retained. Please request a "Mineral Lake" info sheet.

62653 We 4/26 7:00 am - 5:00 pm
\$22.00, \$6.00 own transportation



POTHOLES RESERVOIR GUIDED WALLEYE FISHING MAY 10-11

This trip is full, call for waitlist

VANCE CREEK PONDS

These gravel pit ponds near Elma are heavily planted with rainbow trout. All methods of angling are legal and trout can be retained. There is shore access but angling is best from a floating device. Please request a "Vance Creek Ponds" info list.

62654 Tu 5/16 7:00 am – 5:00 pm
\$22.00, \$6.00 own transportation

LEECH LAKE FLY FISHING

Leech Lake at the Summit of White Pass is a fly fishing only lake that holds Eastern Brook trout and triploid rainbows. This has been a favorite group destination for years. A floating device is required to effectively fish Leech Lake. Please request a "Leech Lake" info sheet.

62655 Tu 6/13 6:00 am – 6:00pm
\$22.00, \$6.00 own transportation

SKYKOMISH RIVER SUMMER KINGS & STEELHEAD - GUIDED

We'll fish the "Sky" from 22' jet sleds with pro guide Bonner Daniels. Chinook and steelhead are both available. We've done well the last couple of years on this trip. All tackle and equipment is provided. Please see flyer for more details.

62656 Tue 6/27 5:00 am – 4:00 pm
\$235.00

NACHES RIVER FLY FISHING FLOAT TRIP-GUIDED

The Naches is a beautiful trout river that holds wild west slope cutthroat and rainbow trout. We'll fish with the pro guides of Reds Fly Shop. The Naches is an incredible combination of bouncy whitewater and surface oriented trout. Trip includes equipment and flies, plus a riverside lunch

62657 Th 7/6 7:00 am – 7:00 pm
\$265.00

COWLITZ RIVER GUIDED SUMMER STEELHEAD

The Cowlitz is one of the most productive steelhead rivers in the west. We'll fish with pro guides Don Kinsey and Chuck Whicken from comfortable jet sleds. All tackle and equipment is provided. Please pick up a flyer for details.

62658 Tu 7/18 4:00 am – 5:00 pm
\$235.00

Outdoor Recreation

UPPER COLUMBIA RIVER SOCKEYE SALMON- GUIDED – JULY 10, 11

Several hundred thousand sockeye salmon return to the upper Columbia near Brewster, WA. We'll fish with the guides of Upper Columbia Guide Service in this troll fishery. Limits are typically liberal for this fine eating salmon. Please request an "Upper Columbia Sockeye" info sheet for registration details. Subject to season openings.

WESTPORT SALMON FISHING

Washington's saltwater salmon capital. This will be charter boat fishing for both Chinook and Coho salmon. All bait, tackle, and equipment are provided. We'll head down the afternoon before our fishing day, have a motel stay and be ready for an early start on our charter day. Please see the trip flyer for details. The seasons will be set in mid-April. *Please sign up on an interest list at registration. You will then be contacted when dates are confirmed.



BEACH FISHING FOR PINK SALMON - #1 SOUTH SOUND

We'll target this year's abundant run of Pink salmon from a beach in Puget Sound. This is really fun fishing. Both fly fishing and lure fishing are productive. Please request a "Beach Pink Salmon" list.

62659 We 8/16 5:00 am – Noon

\$22.00

\$6.00 own transportation

BEACH FISHING FOR PINK SALMON - #2 NORTH SOUND

Another opportunity to catch Pinks off the beach. Beach location to be announced.

62660 We 8/23 6:00 am – 4:00 pm

\$22.00

\$6.00 own transportation

SKYKOMISH RIVER PINK SALMON

We'll wade fish the lower Sky in pursuit of this year's abundant Pink salmon run. This trip is appropriate for both fly and gear anglers. Please request a "River Pink Salmon" list.

62661 Th 8/31 6:00 am – 2:00 pm

\$22.00

\$6.00 own transportation

Hiking

From April – August we will typically host 2 hikes per month. Hike destinations vary greatly in distance and difficulty. Please see our "Hiking Program Flyer" for more details about our hike rating system and what to bring on day hikes. *Pack a lunch and extra water unless otherwise noted in hike description.*

Spring Hiking Registration Open Now

GRAND RIDGE TRAIL

Starting at the High Point Trailhead, we will hike around 6 miles with a 900' elevation gain on this trail near Issaquah. Rated: easy

62662 Tu 4/11 9:00 am – 4:00 pm

\$22.00

CCC TRAIL

We will hike approximately 6 miles on the CCC Trail with a 600' elevation gain that roughly parallels the Snoqualmie Middle Fork Road. We will start at the trailhead near the Middle Fork Snoqualmie Campground. Rated: easy

62663 Tu 4/25 8:30 am – 4:30 pm

\$22.00



LITTLE SI

A 4.7 round trip hike with a 1,300' elevation gain which will give us nice views of the Snoqualmie Valley. Rated: moderate

62664 Tu 5/9 8:30 am – 4:30 pm

\$22.00

MANLEY-MOORE TO FAIRFAX BRIDGE

This trail roughly follows the Carbon River through abandoned towns of Melmont and Fairfax. We will see foundations and walls of old buildings in the area. The hike is 8 miles with a 400' elevation gain. Rated: moderate for distance

62665 **Fr** **5/26** **8:30 am – 5:00 pm**
\$22.00

UMTANUM CREEK CANYON

We'll hike through a beautiful canyon along Umtanum Creek in the Yakima River Canyon near Ellensburg. 6 miles RT with 500' of elevation gain. After the hike enjoy a cold drink at Canyon River Ranch. Rated: easy

62666 **Tu** **6/6** **7:30 am – 5:00 pm**
\$22.00

OLYMPIC PENINSULA OVERNIGHT HIKE**JUNE 26 - 28**

Pick up a separate flyer describing this 3 day trip which includes hikes on the Spruce Railroad Trail and the Cape Alva Loop as well as lodging in Forks.

Summer Hiking Registration Opens June 1**OWYHIGH LAKE**

An 8 mile round trip hike with a 1,700' elevation gain just inside the Sunrise entrance to Mt. Rainier. There is great wildlife viewing potential. Rated: difficult

62667 **We** **7/5** **8:00 am – 5:00 pm**
\$22.00

CRYSTAL MOUNTAIN RIDGE

We will ride the Crystal Mt. gondola to the top and then hike the ridge heading north from the gondola. On a clear day, we will have great views of Mt. Rainier and wildflowers. Approximately 4 miles RT. Rated: moderate

62668 **Tu** **7/18** **8:30 am – 5:00 pm**
\$39.00 includes gondola ride

PANORAMA POINT SKYLINE LOOP TRAIL

This trail starts at Paradise Lodge in Mt. Rainier and we will hike 5.5 miles with a 1,800' gain. Weather permitting, we will have great views to the south as well as wildflowers. Rated: difficult

62669 **Tu** **8/1** **8:00 am – 5:00 pm**
\$22.00

GLACIER BASIN

A 6.5 mile RT that starts at the White River Campground inside the Sunrise entrance to Mt. Rainier and climbs 1,600'. Rated: difficult

62670 **Tu** **8/15** **8:00 am – 5:00 pm**
\$22.00

FREE TRAIL WALKS!

Self-guided walks on the 2nd and 4th Wednesdays, June – September, up to 3 miles round trip between 9 and 10 am.



Leader Guided Walks once a month, depart at 11:00 am, 2 – 5 miles

For more details, please pick up a flyer in May. All walks meet at a park or trail. Volunteers needed to assist at the trail walks. Please call the Senior Center for more information.

Volunteer Opportunities

VOLUNTEERS NEEDED FOR VARIOUS PROGRAMS

Volunteers are needed to fill various regular or substitute positions. Meals on Wheels drivers, packers and callers and lunch helpers are needed. Pick up an application, background check form and handbook. For more information, contact Helena at 253-856-5164.

REGISTERED VOLUNTEERS who are recording hours on a regular basis should receive a packet of information by early April. This includes a Volunteer Spring-Summer UPdate, an invitation to the 2017 Volunteer Appreciation event and details of how to get tickets for a special Veteran's Firefighter's Luncheon set for May 19. If you are a registered volunteer recording hours on a regular basis but you do not receive your packet by Friday, April 7, please call Helena at 253-856-5164.

SENIOR ADVISORY COMMITTEE**MEETS 3RD FRIDAY OF THE MONTH, 10:00 AM**

The purpose of the Senior Advisory Committee is to provide counsel and liaison to Center staff. If you are interested in being a member of this valuable committee or in seeing what goes on at a meeting, please stop by on the 3rd Friday of the month. The

committee does not meet in July, August or December. All meetings are open to the public.

Members: Sharon Crain, Orval Dealy, Coreen Jones, Cheryl Larson, Loretta Pearson, Sharon Peden, Wilma Peterson, Mark Whitaker and Marge Williams.

Community Resources

Affordable Care Act information	www.wahealthplanfinder.org
America's Debt Help Center	www.debt.org
Brain Resources for Seniors	www.dana.org/seniors
Catholic Community Service Center	253-854-0077
City of Kent Home Repair Program	253-856-5065
City of Kent Housing & Human Services	253-856-5070
Kent Food Bank	253-520-3550
Community Living Connections resource line (formerly Senior Information & Assistance)	206-962-8467, 1-844-348-5464 (toll free)
Kent Library	253-859-3330, www.kcls.org
Legal Clinic – Senior Issues	206-448-5720
Legal Clinic – General	206-267-7070
Meals on Wheels – Kent	253-856-5158
Meals on Wheels – Seattle	206-448-5767
Medicare Information	1-800-633-4227, www.medicare.gov
Metro	206-553-3000
ACCESS	206-205-5000
Social Security Administration - Kent	1-866-931-7671 www.socialsecurity.gov
SHIBA Help Line	1-800-562-6900
Taxpayer Advocate	1-877-777-4778, www.TaxpayerAdvocate.irs.gov
Veterans Resources	206-477-8336
Volunteer Medical Transportation	206-477-8282
Washington Masonic Charities Outreach Services	1-844-288-3531 www.wa-masoniccharities.org

April Menu

Hours: 11:45 am – 1:00 pm – All Meals \$6.00 (\$5.00 on Wednesdays)

OPTIONS: Guests may choose **A)** Entrees listed below plus a fresh cut salad bar and homemade bread or roll or **B)** Deli option including a made-to-order sandwich, small Chicken Caesar salad and/or homemade soup or **C)** Large Chicken Caesar salad and soup. All 3 options include beverage and dessert. (Deli not available on advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Center** for co-sponsoring lunch subsidies and the Wednesday lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Advanced reservations for groups of 8 or more are highly suggested. Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
DELI BINGO courtesy of Concerto Health Every 2nd Wednesday 12:15 – 1:00 pm All who purchase a \$5.00 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win gift cards courtesy of Concerto Health.			FREE Lunch by Talbot Center ENTER TO WIN A FREE LUNCH TICKET Buy a \$6.00 lunch ticket (\$5.00 Wed.) and ask for a free coupon to win a free lunch valid any Wednesday. DRAWINGS held every Wednesday at 12:30 pm and at the end of the month. Need not be present to win.	
3) Lentil soup Liver 'n onions Mashed potatoes Steamed green beans	4) Split pea soup Chicken breast w/tangy Dijon sauce Steamed rice Green peas	5) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled ham & cheese	6) Onion soup Chicken Alfredo with pasta Carrots	7) Barley soup Homemade pizza (1 st come, 1 st served for limited toppings)
10) Beef noodle soup Hand breaded chicken breast Rice Pilaf with gravy Peas	11) Pozole Taco Tuesday Soft beef taco or Taco salad Tortilla chips & salsa	12) Nellie's Deli \$5.00 – Deli Bingo Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Sloppy Joe	13) Navy bean soup Pork chop Steamed potatoes with mushroom gravy Mixed vegetables	14) Chicken rice soup Homemade meatloaf Mashed potatoes w/ gravy Corn
17) Creamy potato soup Swedish meatballs over egg noodles Steamed carrots	18) Chicken rice soup Three cheese & meat lasagna Homemade garlic bread Green beans	19) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: BLT	20) Corn chowder Hand breaded Fish 'n chips Coleslaw	21) Tomato soup Chicken 'n dumplings Mashed potatoes Seasoned corn
24) Split pea soup Baked ham Scalloped potatoes Green beans	25) Navy bean soup Swiss steak Red potatoes w/onion gravy Green beans	26) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Reuben on Rye	27) Vegetable soup Chicken Cordon Bleu Rice pilaf Seasoned peas	28) Chicken rice soup Salisbury steak Mashed potatoes w/onion gravy Green beans

May Menu

Hours: 11:45 am – 1:00 pm – All Meals \$6.00 (\$5.00 on Wednesdays)

OPTIONS: Guests may choose **A)** Entrees listed below plus a fresh cut salad bar and homemade bread or roll or **B)** Deli option including a made-to-order sandwich, small Chicken Caesar salad and/or homemade soup or **C)** Large Chicken Caesar salad and soup. All 3 options include beverage and dessert. (Deli not available on advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Center** for co-sponsoring lunch subsidies and the Wednesday lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Advanced reservations for groups of 8 or more are highly suggested. Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
1) Vegetable soup Chili cheese baked potato Steamed broccoli Sour cream, chives, bacon bits	2) Egg drop soup Teriyaki chicken Steamed rice Asian vegetables	3) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled ham & cheese	4) Potato soup Spaghetti & meatballs Homemade garlic bread Seasoned green beans	5) CINCO DE MAYO Mexican Pozole Chicken enchilada Spanish rice
8) Beef noodle soup Homemade meatloaf Mashed potatoes w/ gravy Corn	9) Onion soup Macaroni and ham and cheese Mashed potatoes	10) Nellie's Deli \$5.00 – Deli Bingo Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Pulled pork	11) Chicken noodle soup Hand breaded chicken breast Steamed rice w/mushroom gravy Green beans	12) Soup du jour Breaded pork chop Steamed red potatoes w/gravy Carrots
15) Navy bean soup Three cheese & meat lasagna Homemade garlic bread Almond green beans	16) Vegetable soup Salisbury steak Mashed potatoes w/onion gravy Green beans	17) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: BLT	18) Split pea soup Liver 'n onions Mashed potatoes Steamed green peas	19) Firefighters Foundation Lunch Tossed salad Herb baked chicken Steamed rice with gravy Green beans Advance ticket sales
22) Potato chowder Hand breaded fish 'n chips Coleslaw	23) Lentil soup Tuna noodle casserole Steamed cabbage	24) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Sloppy Joe	25) Navy bean soup Swiss steak Red potatoes w/onion gravy Green beans	26) Minestrone soup Specialty quiche Seasoned corn
29) Center Closed for Memorial Day	30) Minestrone soup Baked ham and scalloped potatoes Peas	31) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Reuben on Rye	DELI BINGO courtesy of Concerto Health every 2nd Wednesday 12:15 – 1:00 pm All who purchase a \$5 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win gift cards.	WIN A FREE LUNCH TICKET by Talbot Center Buy a \$6 lunch ticket (\$5 Wed.) and ask for a free coupon to win a free lunch valid any Wednesday. DRAWINGS held every Wednesday at 12:30 pm and at the end of the month. Need not be present to win.

June Menu

Hours: 11:45 am – 1:00 pm – All Meals \$6.00 (\$5.00 on Wednesdays)

OPTIONS: Guests may choose **A)** Entrees listed below plus a fresh cut salad bar and homemade bread or roll or **B)** Deli option including a made-to-order sandwich, small Chicken Caesar salad and/or homemade soup or **C)** Large Chicken Caesar salad and soup. All 3 options include beverage and dessert. (Deli not available on advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Center** for co-sponsoring lunch subsidies and the Wednesday lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Advanced reservations for groups of 8 or more are highly suggested. Every effort will be made to provide the published menu, but we reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
DELI BINGO courtesy of Concerto Health Every 2nd Wednesday 12:15 – 1:00 pm All who purchase a \$5.00 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win gift cards.		ENTER TO WIN A FREE WEDNESDAY LUNCH Buy a \$6 lunch ticket (\$5 Wed.). Ask for a free coupon. Wed. drawings@ 12:30. Co-sponsored by Talbot Center	1) Corn chowder Hand breaded fish 'n chips Coleslaw	2) Onion soup Hand breaded chicken breast Steamed rice w/mushroom gravy Green beans
5) Navy bean soup Salisbury steak Mashed potatoes w/onion gravy Green beans	6) Garden chili soup Oven fried chicken JoJo potatoes Peas	7) Nellie's Deli \$5.00 Sandwich, tomato soup, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled ham & cheese	8) Spilt pea soup Three cheese meat lasagna Homemade garlic bread Green peas	9) Vegetable soup Old fashioned meatloaf Red potatoes w/ gravy Carrots
12) Chicken rice soup Breaded Pork chop Steamed red potatoes w/onion gravy Green peas	13) Vegetable soup Liver 'n onions Mashed potatoes w/gravy Seasoned corn	14) Nellie's Deli \$5.00 – Deli Bingo Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Pulled chicken	15) Beef noodle soup BBQ chicken Jo Jo potatoes Baked Beans	16) Egg drop soup Teriyaki beef Steamed rice Asian vegetables
19) Beef vegetable soup Specialty quiche Steamed cabbage	20) Potato chowder Hand breaded chicken breast Steamed red potatoes with gravy Green beans	21) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: - BLT	22) Barley soup Baked ham & scalloped potatoes Steamed vegetables	23) Vegetable soup Parmesan chicken Pasta with marinara sauce Carrots
26) Minestrone soup Orange chicken Steamed rice Green beans	27) Tomato soup Chicken 'n dumplings Mashed potatoes Steamed cabbage	28) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: - Reuben on Rye	29) CLOSED FOR SET-UP of Music & Art Showcase No Lunch Served	30) Vegetable soup Swiss steak Mashed potatoes w/gravy carrots

July Menu

Hours: 11:45 am – 1:00 pm – All Meals \$6.00 (\$5.00 on Wednesdays)

Options include – Full meal featuring below listed items plus a fresh cut salad bar and homemade bread or homemade soup and deli-style sandwich or specialty salad, sandwich with specialty salad or soup or sandwich with salad bar – all options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Center and UnitedHealthcare** for their lunch subsidies. Thank you to **GenCare** for **Deli Bingo** every 2nd Wednesday and to **The Lakeshore** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
3) Navy bean soup Cheeseburger Jo Jo Fries Baked beans	4) Center Closed Independence Day	5) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Grilled ham & cheese	6) Egg drop soup Chicken Yakisoba (chicken, noodles, vegetables)	7) Vegetable soup Liver & onions Mashed potatoes w/gravy Seasoned corn
10) Vegetable soup Baked chicken with ginger sauce Oven roasted potatoes	11) Barley soup Breaded Pork chop Steamed red potatoes w/onion gravy Mixed vegetables	12) Nellie's Deli \$5.00 – Talbot Center Deli Bingo Rock 'n Roll Fundraiser Sandwich, soup du jour, salad, dessert, coffee/tea/milk (no specialty sandwich)	13) Navy bean soup Salisbury steak Mashed potatoes w/onion gravy Green beans	14) Spilt pea soup Three cheese meat lasagna Homemade garlic bread Green peas
17) Split pea soup Chicken pot pie Seasoned corn	18) Onion soup Hand breaded chicken breast Steamed rice w/mushroom gravy Green beans	19) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Reuben on rye	20) Corn chowder Hand breaded fish 'n chips Coleslaw	21) Barley soup Italian meatballs over pasta Steamed carrots
24) Vegetable soup Oven fried chicken Roasted potatoes Mixed vegetables	25) Potato soup Homemade meatloaf Mashed potatoes w/gravy Corn	26) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: BLT	27) Tomato soup Chicken 'n dumplings Mashed potatoes Steamed cabbage	28) Onion soup Macaroni and ham and cheese Steamed carrots
31) Navy Bean Soup Swiss Steak Mashed potatoes w/gravy Carrots	Talbot Center for Rehabilitation and Healthcare DELI BINGO ROCK 'N ROLL FUNDRAISER featuring Andy Burnett Wednesday, July 12, 11:30 am – 1:00 pm All who purchase a \$5 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win gift cards valued from \$25 to \$150			FREE Lunch by Talbot Center ENTER TO WIN A FREE LUNCH TICKET Buy a \$6 lunch ticket (\$5 Wed.) and ask for a free coupon to win a free lunch valid any Wednesday. DRAWINGS held every Wednesday at 12:30 pm and at the end of the month. Need not be present to win.

August Menu

Hours: 11:45 am – 1:00 pm – All Meals \$6.00 (\$5.00 on Wednesdays)

Options include – Full meal featuring below listed items plus a fresh cut salad bar and homemade bread or homemade soup and deli-style sandwich or specialty salad, sandwich with specialty salad or soup or sandwich with salad bar – all options include beverage and dessert (Deli not available on special advance ticket lunch days). Special thanks to **Stafford Suites** for their weekly fruit donation. Thank you to **Talbot Center and UnitedHealthcare** for their lunch subsidies. Thank you to **GenCare** for **Deli Bingo** every 2nd Wednesday and to **The Lakeshore** for co-sponsoring Wednesday and monthly lunch ticket drawings. Take out carriers and wrap are not available for leftovers. Every effort will be made to provide the published menu, but the **Kent Parks Deli and Café** reserve the right to make substitutions as necessary.

Monday	Tuesday	Wednesday	Thursday	Friday
	1) Pozole Taco Tuesday Soft beef taco or Taco salad Tortilla chips & salsa	2) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Chili Dog	3) Vegetable soup Breaded pork chop Red potatoes w/gravy Green beans	4) Split pea soup Beef stew over biscuit
7) Beef noodle soup Hand breaded chicken breast Rice Peas	8) Navy bean soup Liver & onions Mashed potatoes w/gravy Seasoned peas	9) Nellie's Deli \$5.00 – Deli Bingo Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Pulled chicken	10) Won ton soup Chicken stir fry Steamed rice Crispy chow mein noodles	11) Onion soup Herb baked chicken Rice pilaf w/gravy Seasoned carrots
14) Potato chowder Hand breaded fish 'n chips Coleslaw	15) Soup du jour 3 cheese & meat lasagna Homemade garlic bread Almond green beans	16) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: BLT	17) Chicken noodle soup Homemade meatloaf Steamed potatoes w/onion gravy Green beans	18) Tomato soup Chicken 'n dumplings Mashed potatoes Steamed cabbage
21) Split pea soup Baked ham & scalloped potatoes Green Beans	22) Chicken noodle soup Swiss steak Mashed potatoes w/gravy Mixed vegetables	23) Nellie's Deli \$5.00 Sandwich, soup du jour, salad, dessert, coffee/tea/milk Specialty Sandwich for first 25: Reuben on rye	24) Minestrone soup Barbecue chicken Baked beans Potato salad Vegetable soup	25) Navy bean soup Salisbury steak Mashed potatoes w/onion gravy Green beans
28, 29, 30, 31) Center Closed for Maintenance ALL WEEK Opens Tues. Sept. 5	DELI BINGO courtesy of Concerto Health Every 2nd Wednesday 12:15 – 1:00 pm All who purchase a \$5 lunch ticket on the 2nd Wednesday may request a set of BINGO cards for the 4 games to win gift cards.			FREE Lunch by Talbot Center ENTER TO WIN A FREE LUNCH TICKET Buy a \$6 lunch ticket (\$5 Wed.) and ask for a free coupon to win a free lunch valid any Wednesday. DRAWINGS held every Wednesday at 12:30 pm and at the end of the month. Need not be present to win.

Kent Parks, Recreation & Community Services and The Kent Arts Commission present the **10th Annual**



THURSDAY, JUNE 29, 2017

4:30 P.M. TO 8 P.M.

- 4:30 p.m.** Mini Jazz Concert by **Richard Dean**
Discounted dinners by **Mitzel's**
Art Show by **Kent Valley Artists**
- 5:15 p.m.** Rock n' Roll by **Wally & the Beaves, pt.1**
- 6:15 p.m.** Mini-Jazz piano concert by **Richard Dean**
Complimentary Desserts by **Stafford Suites**
- 7 p.m.** Rock'n Roll Revue by **Wally and the Beaves, pt.2**
- 8 p.m.** Door prizes by Ramada, Mitze's and other sponsors



**FREE DESSERTS
BY
STAFFORD SUITES**



RICHARD DEAN
4:30-5:15 PM & 6:15-7 PM

6:15 P.M.

WALLY & THE BEAVES PT.1
5:15 - 6:15 P.M.

WALLY & THE BEAVES PT. 2
7 - 8 P.M.

Due to the following generous co-sponsors, all events are free.



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Kent Senior Activity Center
600 E. Smith St, Kent | 253-856-5150 | KentWA.gov



KENT SENIOR ACTIVITY CENTER
600 E. SMITH ST.
KENT, WA 98030-4600